

How to Use Your Home Care Products

WEEKS 3 - 4:

You will now wear your serum every morning instead of every other morning (in the absence of irritation or severe dryness)

	A.M. ROUTINE		P.M. ROUTINE
1.	Cleanser:	1.	Cleanser:
2.	Ice face for 2 minutes	2.	Ice face for 2 minutes
3.	Toner:	3.	Toner:
4.	Serum:	4.	hydraBalance Gel (optional)
5.	hydraBalance Gel/clearDerma moisturizer/	5.	Advanced Acne Med:
6.	Cran-Peptide Sunscreen:	6.	clearDerma Moisturizer/Cran-Peptide Cream (optional)
		7.	Sulfur Spot Treatment (optional)

WEEKS 5 - 6:

You will now wear your serum twice daily (in the absence of irritation or severe dryness).

	A.M. ROUTINE		P.M. ROUTINE
1.	Cleanser:	1.	Cleanser:
2.	Ice face for 2 minutes	2.	Ice face for 2 minutes
3.	Toner:	3.	Toner:
4.	Serum:	4.	Serum:
5.	hydraBalance Gel/clearDerma moisturizer/	5.	hydraBalance Gel (optional)
	Sunscreen:	6.	Advanced Acne Med:
6.		7.	clearDerma Moisturizer/Cran-Peptide Cream (optional)
		8.	Sulfur Spot Treatment (optional)



WEEKS 7 - 8: Depending on your skin's progress, we may ask you to wear your Advanced Acne Med in the morning at this point (in the absence of irritation or severe dryness).

	A.M. ROUTINE		P.M. ROUTINE
1.	Cleanser:	1.	Cleanser:
2.	Ice face for 2 minutes	2.	Ice face for 2 minutes
3.	Toner:	3.	Toner:
4.	Serum:	4.	Serum:
5.	hydraBalance Gel	5.	hydraBalance Gel (optional)
6.	**Advanced Acne Med:	6.	Advanced Acne Med:
7.	clearDerma Moisturizer/Cran-Peptide Cream (optional)	7.	clearDerma Moisturizer/Cran-Peptide Cream (optional)
8.	Sunscreen:	8.	Sulfur Spot Treatment (optional)

^{**} Allow the Advanced Acne Med to absorb for 60 seconds before applying moisturizer and/or sunscreen

WEEKS 9 - 10:

	A.M. ROUTINE		P.M. ROUTINE
1.	Cleanser:	1.	Cleanser:
2.	Ice face for 2 minutes	2.	Ice face for 2 minutes
3.	Toner:	3.	Toner:
4.	Serum:	4.	Serum:
5.	hydraBalance Gel	5.	hydraBalance Gel (optional)
6.	**Advanced Acne Med:	6.	Advanced Acne Med:
7.	clearDerma Moisturizer/Cran-Peptide Cream (optional)	7.	clearDerma Moisturizer/Cran-Peptide Cream (optional)
8.	Sunscreen:	8.	Sulfur Spot Treatment (optional)

^{**} Allow the Advanced Acne Med to absorb for 60 seconds before applying moisturizer and/or sunscreen



WEEKS 11 - 12:

	A.M. ROUTINE		P.M. ROUTINE
1.	Cleanser:	1.	Cleanser:
2.	Ice face for 2 minutes	2.	Ice face for 2 minutes
3.	Toner:	3.	Toner:
4.	Serum:	4.	Serum:
5.	hydraBalance Gel	5.	hydraBalance Gel (optional)
6.	**Advanced Acne Med:	6.	Advanced Acne Med:
7.	clearDerma Moisturizer/Cran-Peptide Cream (optional)	7.	clearDerma Moisturizer/Cran-Peptide Cream (optional)
8.	Sunscreen:	8.	Sulfur Spot Treatment (optional)

^{**} Allow the Advanced Acne Med to absorb for 60 seconds before applying moisturizer and/or sunscreen