

The concept of skin cycling applies to a nighttime skincare routine, which involves using active ingredients only on certain days, and following them with "rest" days. A four-day cycle using active ingredients for two nights, followed by two nights of hydration & rest - and repeating.

Adopting a skin cycling routine can help prevent the skin barrier from being compromised due to overuse of active ingredients—plus, it's a great way to create a consistent and effective routine that helps the skin work optimally.





#### **AWAKEN**

- Cleanse
- Eye Cream
- Boosters / Serums
- Day Cream

day 1 evening



# **EXFOLIATE**

- Cleanse
- Exfoliate
- Eye Cream
- Boosters / Serums
- Night Cream

C day 2 evening



### **RETINOL**

- Cleanse
- Eye Cream
- Retinol 0.5
- · Facial Milk
- Boosters / Serums
- Night Cream

( day 3 evening



# **HYDRATE**

- Cleanse
- Eye Cream
- Boosters / Serums
- Hydration Treatment
- Night Cream

C day 4 evening



# RESTORE

- Cleanse
- Eve Cream
- · Boosters / Serums
- Night Cream

I can put together a customized regimen and plan that is personalized to your specific skin type and needs. Schedule a free consultation to get your personalized plan!