

Skin Cycling

Day 1: Morning *repeat daily Cleanse, C+ or Replenishing serum C+E and/or VoluFirm Lifting Serum, followed by Eye Cream and Day Moisturizer. Evening-Cleanse, Exfoliate with microdermabrasion or revealing facial peel. Follow with Lifting Serum, Night Moisturizer, and Eye Cream.

Day 2: Morning *refer to Day 1 Morning Routine Evening - Cleanse, Clinical Solutions Retinol 0.5 (use with facial milk if you are just starting the revitalization process)

Day 3: Morning *refer to Day 1 Morning Routine Evening- Cleanse, hydrate with Bio-Celulose mask or Moisture renewing Gel Mask. Follow with clinical solutions HA+Ceramide Hydrator, Night Moisturizer, Eye Cream.

Day 4: Morning *refer to Day 1 Morning Routine Evening- Cleanse, Night moisturizer, eye cream. Additional recommended products: bio-celulose mask, replenish C+E, hydrating sheet mask

Day 5: Restart Cycle



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