

# DAILY ROUTINE

## ANTI-AGEING SKIN

Ag		DAILY ROUTINE FOR ANTI-AGEING SKIN	
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		MORNING	NIGHT
Cleanse		Hydra Cleansing Milk	Hydra Cleansing Milk
Tone		Cleansing Toner Lotion	Cleansing Toner Lotion
Serum		Retinoid 3% Serum	Retinoid 3% Serum
Moisturiser		Antiwrinkle Caviar Cream	Retinoid C Anti-Ageing Cream
Eyes		Eye Multivitamin Shine Cream	Eye Regeneration Shine Serum
Exfoliate		(twice a week)	Dermabrasion Exfoliating Gel
Mask		(once a week)	Lifting Mask

## How to Apply in Easy Steps

### STEP 1: Cleanse Hydra Cleansing Milk

#### APPLICATION

**USE:** Daily Morning and Night. Pour a small pea sized amount onto the fingertips. Then disperse over dampened face and neck, massage using gentle circular movements. Thoroughly rinse off with lukewarm water by hand or using a soft cloth. Pat face dry with towel. It can be used as a daily cleanser or as a first step to remove makeup. For easy use, keep it in the shower. Continue with Cleansing Toner Lotion.

### STEP 2: Tone Cleansing Toner Lotion

#### APPLICATION

**USE:** Daily Morning and Night after Hydra Cleansing Milk. Pour a pea sized amount onto a cotton pad. Then wipe gently using upward and outward movements over face and neck. Do not rinse off. Can be poured into a small spray bottle and can be spritzed over face and neck instead of a cotton pad or use as a hydration spray during the day. Continue with Retinoid 3% Serum when dry.

### STEP 3: Serum Retinoid 3% Serum

#### APPLICATION

**USE:** Daily Morning and Night after Cleansing Toner Lotion. Apply a few drops to fingertips and apply to face and neck using upwards and outwards strokes. Pat into skin. Around each eye, apply only to the eye socket. Continue with Eye Serum or Cream.

## STEP 4: Eye Care

### Morning Eye Care: Eye Multivitamin Shine Cream

#### APPLICATION

**USE:** Daily Morning following serum. Apply a few drops onto ring finger, pat around each eye area including crow's feet. Can also be applied around lip area. Do not apply too close to the eye or eyelid. Continue with Antiwrinkle Caviar Cream.

### Night Eye Care: Eye Regeneration Shine Serum

#### APPLICATION

**USE:** Daily at night. Apply a small amount onto ring finger, pat around each eye socket, morning and night. Do not apply too close to the eye or eyelid. Can also apply around lip area. Continue with Cream.

## STEP 5: Moisturise

### Morning Care: Antiwrinkle Caviar Cream

#### APPLICATION

**USE:** Morning. Apply a pea sized amount to fingertips and pat onto face and neck using upward and outward motions and massage into the skin following a serum.

### Night Care: Retinoid C Anti-Ageing Cream

#### APPLICATION

**USE:** Daily at Night. Apply a pea sized amount to fingertips and pat onto face and neck using upward and outward motions and massage into the skin.

Can also be used as a facial massage cream, 1-2 nights per week.

## WEEKLY CARE

### Twice Weekly Exfoliation: Dermabrasion Exfoliating Gel

#### APPLICATION

**USE:** Once or twice a week for gentle exfoliation. Following cleansing, apply a small amount to fingertips and apply to face and neck. Massage gently in circular motions avoiding eye area.

Thoroughly wash off using tepid water follow with toner, serum, eye cream, moisturiser.

### Weekly Mask: Lifting Mask

#### APPLICATION

**USE:** Once a week at night. Apply a small amount (size of 20 cent piece) directly onto face and neck after applying serum, gently massage for a couple of minutes. Leave for 10-15 minutes. Thoroughly wash off with lukewarm water. Apply toner, serum, eye cream, moisturiser.