

# DAILY ROUTINE

## DRY SKIN

DAILY ROUTINE FOR DRY SKIN		
Juliette Armand THE PERSONAL PROFESSIONAL SKINCARE		
	MORNING	NIGHT
Cleanse	Hydra Cleansing Milk	Hydra Cleansing Milk
Tone	Cleansing Toner Lotion	Cleansing Toner Lotion
Serum	Hyaluronic Acid Serum	Hyaluronic Acid Serum
Moisturiser	Multi Hydrating Day Cream	Nourishing Night Cream
Eyes	Eye Multivitamin Shine Cream	Eye Regeneration Shine Serum
Exfoliate	(twice a week)	Dermabrasion Gel
Mask	(once a week)	Hydrating 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, use 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 Hyaluronic Acid Serum when dry.

### STEP 3: Serum Hyaluronic Acid 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. Apply a small amount onto ring fingers, 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 Multi Hydrating Day Cream.

### **Night Eye Care: Eye Regeneration Shine Serum**

#### **APPLICATION**

**USE:** Daily. Apply a small amount onto ring fingers, 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 Nourishing Night Cream.

## **STEP 5: Moisturise**

### **Morning Care: Multi Hydrating Day Cream**

#### **APPLICATION**

**USE:** Morning after Eye Serum. Apply a small pea sized amount to fingertips and apply to face and neck following using upward and outward motions. Do not apply too close to the eyes.

### **Night Care: Nourishing Night Cream**

#### **APPLICATION**

**USE:** Daily at Night after Eye Regeneration Shine Serum. 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**

### **Weekly Exfoliation: Dermabrasion 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 lukewarm water follow with toner, serum, eye cream, moisturiser.

### **Weekly Mask: Hydrating 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.