

Instructions for Using Products at Home

EYE CLEANSER To cleanse and remove eye makeup, apply eye cleanser to cotton pads or Super Soft Facial Cloth and gently stroke the eye area makeup. 2) Repeat until all traces of makeup have been removed. For stubborn waterproof eye makeup, use appropriate Lipid Synergy Serum and follow the same directions.

CLEANSER To cleanse area (face, neck and chest), using upward, circular motions or a facial brush, massage a liberal amount of cleanser onto damp or wet skin. 2) Rinse thoroughly with warm water. 3) To thoroughly remove cleanser, use Super Soft Facial Cloth or Cleansing Sponge. For especially dry skin, cleanse twice: first with Dry Skin Lipid Synergy Serum and again with Cream E Cleanser.

TONER To apply, spray liberally on entire area (face, neck and chest) or pour onto cotton pads. 2) Stroke upward on the skin. (This step helps remove residual cleanser and balance the skin's pH.) Repeat if necessary. 3) While the skin is damp — therefore more absorbant — apply Synergy Serum(s) or Hydrating Gel. For extra hydration, use Hydrating and Combo Toners to set and/or spritz Mineral Blends Makeup on the skin all day.

VITAMIN C CRYSTALS To apply, dispense crystals into your palm and add a Synergy Serum or Hydrating Gel. 2) Massage crystals and serum or gel on entire area (face, neck and chest) until crystals dissolve. The Vitamin C improves penetration of Synergy Serum(s), leaving skin treated thoroughly.

Warning: Do not mix crystals with Retinol Plus or Alpha Beta X. Either combination is too intense for most skin types.

ALPHA BETA X To improve penetration of Synergy Serum(s) and assist the skin's natural exfoliation process — both on the surface and inside the pore — apply a thin layer of this wonderful skin-renewal blend (6% glycolic, 3% lactic and 1% salicylic acids) to entire area after you cleanse and tone. Use Alpha Beta X and other exfoliating products at night, during the body's rest and repair process.

BOTANICAL, VITAMIN C and SUPER SYNERGY SERUMS To apply, using fingertips gently massage serums on face, neck, and chest. 2)When layering, which is a great technique, first apply Vitamin C Serums, followed by Botanical Synergy Serums and/or Super Synergy Serums.

Note: Retinol Plus is a powerful product and should be used only twice a week and only at night (Start with Wednesday and Sunday). Because Retinol Plus offers cumulative benefits, using it every day isn't necessary.

HYDRATING GEL To repair dehydrated skin, which makes every skin condition worse, apply every morning and evening after you've layered your Synergy Serums. Hydrating Gels are a like drink of water for the skin, adequately hydrating dry areas without leaving a greasy residue.

SUNSCREEN To help protect against sunburn and windburn — which lead to dry skin, peeling and other harmful effects of the sun including cancer and premature aging — apply our crucial broad-spectrum sunscreen every morning, just before applying Mineral Blends. As a bonus, our sunscreen seals in the benefits of your Synergy Serums and Hydrating Gel.

LIPID SYNERGY SERUM To pre-cleanser dry skin, remove stubborn eye makeup, or add oil to dry skin, apply to target area. To moisturize skin, use after Hydrating Gel and before Moisturizer (especially at night).

MOISTURIZER To provide the necessary level of moisture and lock in the benefits of your Synergy Serums and Hydrating Gel, apply a skin-appropriate cream.

SCRUB For best results, apply to and scrub entire body while showering; rinse away all scrubbing particles. Tip: To give your skin a healthy glow and make it easier to remove clay masks, mix some scrub into your facial mask for a dual purpose treatment.

MASK To deeply hydrate and stimulate your skin after cleansing, apply a thick coat of Mask to the face, neck and chest and let work for 10 - 20 minutes. After masking, use toner and continue your nightly routine. Bonus Masking Ideas: For added penetration and to increase blood flow (skin plumping), cover mask with two ice-cold, wet towels from your refrigerator. Skin Recovery Mask and Moisture Mask are both great hydrators that don't have to be entirely removed from your skin. To repair dry skin, mix either mask with a little moisturizer and apply before sleeping. You'll wake up to replenished skin, and you'll see for yourself that using a mask dramatically improves the appearance of your skin.

Note: Skin Blends has great body products, too! For details, see page 14.