

Home Care Regimens Based On Skin Type



AM Routine

1. Cleanser or Scrub
2. Toner
3. Vitamin C
4. Serum
5. Hydrating Gel
6. SPF 30 & Minerals

PM Routine

1. Cleanser or Scrub
2. Toner
3. Apha Beta X / Retinol
4. Serum
5. Hydrating Gel
6. Moisturizer



Skin Blends has a full line of Acne clearing products: see pages 24 and 25.

	Dry Skin	Combination Skin	Oily Skin
Cleanser	Cream E Cleanser	Combo Cleanser	Gel Cleanser
Toner	Hydrating Toner	Combo Toner	Purifying Toner
Vitamin C	10% - 20% Vitamin C	10% - 20% Vitamin C	10% - 20% Vitamin C
Exfoliation	Alpha Beta X or Retinol	Alpha Beta X or Retinol	Alpha Beta X or Retinol
Synergy Serum(s)	Per Skin Condition	Per Skin Condition	Per Skin Condition
Hydrating Gel	CPR Gel	Combo Gel	Green Tea Gel
SPF 30	SPF 30 Cream	SPF 30 Lotion	SPF 30 Gel
Moisturizer	Rich Moisturizer	Combo Moisturizer	Oil Free Moisturizer
Scrub Exfoliation	Milky Scrub	Combo Scrub	Gel Scrub
Primary Mask	Moisture Mask	Recovery Gel Mask	Mineral Clay Mask
Alternate Mask	Moisture Mask	Mineral Clay Mask	Recovery Gel Mask

Weekly Routine

1) Cleanse face, neck, and chest. 2) Apply Mineral Clay Mask. Wait 15 min. and remove with scrub exfoliation while showering. This is also a great time to use Body Shampoo with exfoliating gloves and give your body the exfoliation it needs. 3) After showering, apply Body Moist lotion for hydration. For your face, neck, and chest, apply Synergy Serums and Recovery Gel or Moisture Mask. 4) Wait 15 min. and massage in any remaining mask. You will look and feel GREAT!