

## Daily Ritual Protocol

This is the foundation of beautiful skin. We highly recommend that everyone be on this skin care routine as a starting point and then move into other protocol(s) depending on your specific skin care needs.

**Directions: Use morning and evening as shown below.**

### Morning:

STEP	Choose one from each step:
1 – Cleanse	Crème Cleanser
2 – Intense Therapy	BRIGHTEN (Vitamin C Serum) Essential Nutrients
3 – Hydrate	HydraGel (maximum hydration for dry skin) HydraMist
4 – Moisturize	Cellular Remède Crème Renewal HydraCrème Sheer Moisturizing Serum Supplement: Enriching Facial Oil – <i>1 or 2 drops may be added to any of the above for additional moisturization</i>
5 – Optional – Eye Care & Neck Care	Triple Action Eye & Neck Serum

### Evening:

STEP	Choose one from each step:
1 – Cleanse	Crème Cleanser; Gentle Eye Cleansing Crème if needed
2 – Intense Therapy	BRIGHTEN (Vitamin C Serum) Essential Nutrients
3 – Hydrate	HydraGel (maximum hydration for dry skin) HydraMist
4 – Moisturize	Cellular Remède Crème Renewal HydraCrème Sheer Moisturizing Serum Supplement: Enriching Facial Oil – <i>1 or 2 drops may be added to any of the above for additional moisturization</i>
5 – Optional – Eye Care & Neck Care	Triple Action Eye & Neck Serum

## Hydration Protocol

Guaranteed to reveal soft, supple and hydrated skin, our Hydration Protocol will transform your skin leaving you ready to “face” the world. This protocol is recommended for anyone with normal to dry skin, as well as those in dry climates. *Note: Anyone with dehydrated skin should skip right to this protocol.*

**Directions: Use morning & evening as shown. Repeat for 10 consecutive days for maximum results, then 1 to 3 days/week to maintain hydrated skin (alternate with other protocols as appropriate).**

### Morning:

STEP	Choose one from each step:
1 – Cleanse	Crème Cleanser
2 – Intense Therapy	BRIGHTEN (Vitamin C Serum) Essential Nutrients
3 – Hydrate	HydraGel (maximum hydration for dry skin); HydraMist
4 – Moisturize	Cellular Remède Crème Renewal HydraCrème Sheer Moisturizing Serum Supplement: Enriching Facial Oil – <i>1 or 2 drops may be added to any of the above for additional moisturization</i>
5 – Optional – Eye Care & Neck Care	Triple Action Eye & Neck Serum

### Evening:

STEP	Choose one from each step:
1 – Cleanse	Crème Cleanser; Gentle Eye Cleansing Crème if needed
2 – Masque	Radiance Rose Masque
3 – Intense Therapy	BRIGHTEN (Vitamin C Serum) Essential Nutrients
4 – Hydrate	HydraGel (maximum hydration for dry skin) HydraMist
5 – Moisturize	Cellular Remède Crème Renewal HydraCrème Sheer Moisturizing Serum Supplement: Enriching Facial Oil – <i>1 or 2 drops may be added to any of the above for additional moisturization</i>
6 – Optional – Eye Care & Neck Care	Triple Action Eye & Neck Serum

## Resurfacing Protocol

As a dramatic natural alternative to Retinol (without the irritation), this protocol will significantly refine your skin for a smooth, healthy complexion. Recommended for all skin types and all ages.

**Directions: Use morning and evening as shown below. For maximum results, repeat this protocol 5 - 7 days per week for one month, then 2 to 3 days per week to maintain refined skin (alternate with other protocols as appropriate).**

### Morning:

STEP	Choose one from each step:
1 – Cleanse	Crème Cleanser
2 – Intense Therapy	BRIGHTEN (Vitamin C Serum) Essential Nutrients
3 – Hydrate	HydraGel (maximum hydration for dry skin) HydraMist
4 – Moisturize	Cellular Remède Crème Renewal HydraCrème Sheer Moisturizing Serum Supplement: Enriching Facial Oil – <i>1 or 2 drops may be added to any of the above for additional moisturization</i>
5 – Optional – Eye Care & Neck Care	Triple Action Eye & Neck Serum

### Evening:

STEP	
1 – Cleanse	Alternate between the following every other night: Gel Cleanser Micro Polisher <i>Gentle Eye Cleansing Crème if needed</i>
2 – Restructure	<b>REFINE</b> <i>This is the only product that should be used in the evening.</i>

## Restructuring Protocol

“Face lift in a bottle”, this protocol firms and tightens the skin, with a botox-like effect that smoothes facial expressions and wrinkles. Recommended for all skin types ages 40+.

**Directions:** Use morning and evening as shown below. For maximum results, repeat this protocol 5 days per week for one month, then 4 to 5 days per week to maintain firm skin (alternate with other protocols as appropriate).

**Note:** We recommend this protocol to be used after the Resurfacing Protocol.

### Morning:

STEP	Choose one from each step:
1 – Cleanse	Crème Cleanser
2 – Intense Therapy	BRIGHTEN (Vitamin C Serum) Essential Nutrients
3 – Hydrate	HydraGel (maximum hydration for dry skin) HydraMist
4 – Moisturize	Cellular Remède Crème Renewal HydraCrème Sheer Moisturizing Serum Supplement: Enriching Facial Oil – 1 or 2 drops may be added to any of the above for additional moisturization
5 – Optional – Eye Care & Neck Care	Triple Action Eye & Neck Serum

### Evening:

STEP	
1 – Cleanse	Alternate between the following every other night: Gel Cleanser Micro Polisher <i>Gentle Eye Cleansing Crème if needed</i>
2 – Boost	AgeLESS (activating serum). Let absorb for 5 minutes.
3 – Restructure	<b>FIRM</b>

**Note:** Upon completing both the Resurfacing and Restructuring Protocols, continue to alternate them in the evenings as follows: Resurfacing 2 – 3 times per week; Restructuring 4 -5 times per week.

## Age Reversal Protocol — Optimal Anti-Aging

Targets age defense and age reversal for a youthful, vibrant complexion. The products in this protocol synergistically work together for the prevention and reversal of signs of aging. Recommended for all skin types ages 40+.

**Directions: Use morning and evening as directed below.**

### Morning:

#### STEP

1 – Cleanse	Crème Cleanser
2 – Intense Therapy	BRIGHTEN (Vitamin C Serum)
3 – Boost	AgeLESS (activating serum)
4 – Hydrate	HydraGel (maximum hydration for dry skin)
5 – Moisturize	<i>Choose from:</i> Cellular Remède Crème Renewal HydraCrème Hydra X (for dehydrated or mature skin) Supplement: Enriching Facial Oil – 1 or 2 drops may be added to any of the above for additional moisturization
6 – Optional – Eye Care & Neck Care	Triple Action Eye & Neck Serum
7 – Lip Care	Restorative Lip Treatment

### Evening:

Use Resurfacing Protocol 2 – 3 times weekly and the Restructuring Protocol 4 – 5 times weekly.

#### Resurfacing Protocol for evening:

1 – Cleanse	Alternate between the following every other night: Gel Cleanser or Micro Polisher <i>Gentle Eye Cleansing Crème if needed</i>
2 – Resurface	REFINE <i>This is the only product that should be used in the evening.</i>

#### Restructuring Protocol for evening:

1 – Cleanse	Alternate between the following every other night: Gel Cleanser or Micro Polisher <i>Gentle Eye Cleansing Crème if needed</i>
2 – Boost	AgeLESS (activating serum). Let absorb for 5 minutes.
3 – Restructure	FIRM

## Environmental Defense Protocol

*A significant percentage of how we age is determined by how we take care of our skin when exposed to challenging environments.*

Recommended for anyone who spends time in the outdoors, traveling in airplanes or simply needs more hydration – 8+ hour protection against wind, sun, pollution, dry air and temperature extremes.

### Morning:

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#### STEP

1 – Cleanse	Crème Cleanser
2 – Intense Therapy	BRIGHTEN (Vitamin C Serum)
3 – Hydrate	HydraGel (maximum hydration for dry skin)
4 – Moisturize	Hydra X
5 – Optional – Eye Care & Neck Care	Triple Action Eye & Neck Serum
6 – Sunscreen	Sunscreen product of your choice

**Note:** For additional protection and/or extreme conditions, reapply Hydra X as needed followed by additional sunscreen if outdoors.

### Evening:

Use steps below or Evening Protocol of your choice.

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#### STEP

1 – Cleanse	Crème Cleanser; Gentle Eye Cleansing Crème if needed
2 – Intense Therapy	BRIGHTEN (Vitamin C Serum)
3 – Hydrate	HydraGel (maximum hydration for dry skin)
4 – Moisturize	Choose from: Cellular Remède Crème Renewal HydraCrème Sheer Moisturizing Serum Supplement: Enriching Facial Oil – 1 or 2 drops may be added to any of the above for additional moisturization
5 – Optional – Eye Care & Neck Care	Triple Action Eye & Neck Serum