

## ***SENSITIVE SKINCARE REGIMEN***

- No more than once a week, use the BelleDerm Exfoliating Crystal Scrub. Using your fingertips, gently rub the skin up from the neck and out to the hairline.
- Follow with BelleDerm Gentle Toner and Make-up Remover, applied with a cotton ball all over the face and neck.
- Once a week, use the BelleDerm Cell Turnover Treatment. Apply the treatment to a dry face and neck, avoiding the immediate eye area. *Do not do this if you have sensitivity to ethanol-based products!*
- In the morning, apply a small amount of BelleDerm Vitamin Infusion Lotion to your face. For a lighter moisturizer, BelleDerm Extra Gentle Hydration Lotion.
- Nightly, apply a small amount BelleDerm Vitamin Infusion Serum all over face and neck. If a lighter night treatment is needed, BelleDerm Vitamin Infusion Lotion may be substituted. If a heavier moisturizer is needed, BelleDerm Anti-aging Night Crème may be used.
- With the ring or pinky finger, apply a small amount of BelleDerm Intensive Eye Crème under the eye and eyelid.
- Always use a sunscreen with at least an SPF 15.
- Medical Microdermabrasion are recommended at 1 to 2 week intervals.