

## ***COMBINATION SKINCARE REGIMEN***

- Morning and night wash the face and neck with BelleDerm™ AHA Rejuvenating Cleanser, avoiding the immediate eye area.
- 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, applied with a cotton ball all over the face and neck.
- For once a week treatment, use the BelleDerm™ Cell Turnover Treatment. Apply the treatment to a dry face and neck, avoiding the immediate eye area.
- Apply a small amount of BelleDerm™ Hydration Creme w/ Sunscreen to your face, only in dry areas. In oily areas, apply BelleDerm™ Extra Gentle Hydration Lotion.
- With the ring or pinky finger, apply a small amount of BelleDerm™ Intensive Eye Creme under the eye and on the eyelid. Due to the texture of this product, this may be preferred as a nightly treatment.
- Always use a sunscreen with at least an SPF 15.
- Medical microdermabrasions are recommended at 1 to 2 week intervals.