

HOME CARE GUIDELINES FOR THE PRO-ACTIVE TREATMENT OF AGEING SKIN

AM

1 Cleanse & massage with **Healing Milk Cleanser**, and rinse thoroughly



2 Spray **i4 Medical Mist** & allow the product to dry naturally



3 Pump & roll a thin layer of **R&R Advanced Eye Cream** around the eye area



6 Apply a thin layer of **Sun Care SPF 50** to your face, neck & exposed areas. Re-apply if you are outdoors!



5 Apply a thin layer of **R&R Advanced Cream** over the entire face & neck



4 Press 3 drops of **R&R Multi Peptide Anti-Ageing Duo** over face & neck



PM

1 Cleanse & massage with **Healing Milk Cleanser** & rinse thoroughly



*Double cleanse if you wear full or water-proof make-up


2 Spray **i4 Medical Mist** & allow the product to dry naturally



3 Pump & roll a thin layer of **R&R Advanced Eye Cream** around the eye area



4 Apply **Retinol 500 Boost or Tr-Retinoid Cream** all over face & neck




Boost the skin with **Lactic Acid 10% Exfoliating Gel** and/or **Multi Activ Marine Mask** twice a week



5 Apply a thin layer of **R&R Advanced Cream** over the face & neck, and on top of the Retinol if you are dry




RECOMMENDED IN CLINIC PROTOCOL bi-weekly with:



Micro-Needling With FUSION



Spongilla Spicules With FUSION



MedJet With FUSION



Boosted with TransSystem Peels + Masks

RECOMMENDED SUPPLEMENTS

The focus here is to build skin health, reduce lines & increase moisture levels

ESSENTIALS

Gut Month Protocol
Bio-Specific Amino Blend Skin

ADD ONs

Ultra Femme
Ultra Lymph

Telomere Base Powder
Omega