

# GENTLE GENIUS

## Regimen



**Recommended Treatment Time:** 10 Minutes

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### Description:

The smart way to transition your skin from winter to spring! This regimen calms visible redness while strengthening your natural barrier against fluctuating temperatures and environmental stress. By using lightweight yet nourishing products, this regimen keeps your skin hydrated and reduces reactivity for a balanced, refreshed feel. It's the perfect shift for a healthy, even-toned complexion.

For questions, contact your skincare professional.

## MORNING

- 01** Cleanse with Mega Cream Cleanser. Dispense 1 pump into dry palms and apply it to dry skin, massaging for 1 – 2 minutes. Add water for slip, then rinse with warm water.
- 02** Mist the skin with CBD Skin Mist.
- 03** Promote and maintain healthy skin with Ultra Hydro Gel and CBD Soothing Serum. Dispense each serum into your palms and apply it to the face, neck and décolleté.
- 04** Balance and moisturize with Vitamin E Cream. Dispense it into your palms and apply it to the face, neck and décolleté. Do not neglect the eyes; apply a grain-size amount of Eye Calm to the entire eye area and massage until it is absorbed.
- 05** Protect the skin from UV rays and free radical damage with Moisturizing Protection Cream with SPF 15. Apply a pea-size amount to the face, neck, décolleté and any other areas exposed to UVA/UVB rays. Reapply every two hours as needed for maximum protection.

## EVENING

- 01** Perform the first cleanse with Mega Cream Cleanser. Dispense 1 pump into dry palms and apply it to dry skin, massaging for 1 – 2 minutes. Add water for slip, then rinse with warm water.
- 02** Perform the second cleanse with Foaming Cleanser. Dispense 1 pump into your palms. Massage it onto the skin for 1 – 2 minutes, avoiding the eye area, then rinse with warm water.
- 03** Promote and maintain healthy skin with Ultra Hydro Gel and CBD Soothing Serum. Dispense each serum into your palms and apply it to the face, neck and décolleté.
- 04** Balance and moisturize with Vitamin E Cream. Dispense into your palms and apply it to the face, neck and décolleté. Do not neglect the eyes; apply a grain-size amount of Eye Calm to the entire eye area and massage until it is absorbed.

## DURING the WEEK

Once a week, in the evening after the second cleanse, apply Hydrating Masque to the face, neck and décolleté for 5 – 15 minutes. Rinse with tepid water. Finish the remaining steps.