

BREAKOUT BREAKUP *glymed+*

Regimen

Recommended Treatment Time: 10 Minutes

Description:

Breakouts don't stand a chance—this at-home regimen helps keep pores clear, balance excess oil and soothe visible inflammation so your skin stays smooth and even. With consistent use, you'll notice fewer flare-ups and a clearer, calmer 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** Dispense Astringent No 2 onto a cotton round and apply it to the skin.
- 03** Promote and maintain healthy skin with Daily Skin Clarifier and Restoring Fulvic Elixir. Dispense each serum into your palms and apply it to the face, neck and décolleté.
- 04** Balance and moisturize with Daily Repair 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 Oil-Free Protection Moisturizer 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 Purifying Cleanser. Dispense into your palms and emulsify it with water to create foam. 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 Daily Skin Clarifier and Restoring Fulvic Elixir. Dispense each serum into your palms and apply it to the face, neck and décolleté.
- 04** Balance and moisturize with Daily Repair 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 equal parts of Mattifying Sulfur Masque and Blemish Control No. 5 to the face, neck and décolleté for 5 – 10 minutes. Rinse with tepid water. Finish the remaining steps.

Tip: You can also apply either Mattifying Sulfur Masque or Blemish Control No. 5 as a spot treatment as needed.