

MAMA NEEDS A MINUTE

glymed⁺

Regimen

Recommended Treatment Time: 10 Minutes

Description:

This rejuvenating regimen is designed to work as hard as you do, gently resurfacing your skin to reveal a smoother, more youthful-looking complexion. It reduces fine lines and dullness, helping you regain a bright, healthy glow with minimal effort. Because while you're busy taking care of everyone else, this minute is just for you.

For questions, contact your skincare professional.

MORNING

- 01** Cleanse with Peptide Firming 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 Revitalizing Essence and gently press it onto the skin.
- 03** Promote and maintain healthy skin with Protective Skin Serum and Firming Serum. Dispense each serum into your palms and apply it to the face, neck and décolleté.
- 04** Balance and moisturize with Atraxi Peptide. 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 Firming Eye Cream 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 30. 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 Peptide Firming 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 Glycolic Facial Cleanser. Dispense 1 pump 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** Dispense Revitalizing Essence and gently press it onto the skin.
- 04** Promote and maintain healthy skin with Bio-Renewal Serum, Firming Serum and Protective Skin Serum. Dispense each serum into your palms and apply it to the face, neck and décolleté.
- 05** Balance and moisturize with Atraxi Peptide. Dispense into your palms and apply it to the face, neck and décolleté. Do not neglect the eyes; apply a grain-size amount of Firming Eye Cream 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 Anti-Aging Exfoliant Masque to the face, neck and décolleté for 5 – 10 minutes. Rinse with tepid water. Finish the remaining steps.

Tip: Once the masque has remained on the skin for the desired amount of time, massage it into the skin for a physical exfoliation prior to removal.