

SEASONS PREP

Regimen

glymed⁺

Recommended Treatment Time: 10 Minutes

Description:

As the seasons change, now is the perfect time to strengthen and prepare your skin for upcoming corrective treatments. This home care routine is all about restoring balance, supporting your skin barrier and encouraging healthy renewal, so your skin feels resilient, radiant and ready for the next phase of your skincare journey.

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 Apply Beta Gel to the face, neck and décolleté and allow it to dry.
- 03 Promote and maintain healthy skin with Vitamin C Serum and Pigment Brightening Serum. Dispense each serum into your palms and apply it to the face, neck and décolleté.
- 04 Balance and moisturize with Comfort 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 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 Pigment Brightening Serum and Bio Renewal Serum. Dispense each serum into your palms and apply it to the face, neck and décolleté.
- 04 Balance and moisturize with Comfort 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 Chocolate Masque to the face, neck and décolleté for 5 – 15 minutes. Rinse with tepid water. Finish the remaining steps.