

Sharla's Recommended Routine

Following are basic routines for cleaning, exfoliating and hydrating:

Dry Skin:

Ultra Hydrating Cleanser AM & PM
Ultra Hydrating Exfoliator Once a day, 2 to 4 times a week
Ultra Hydrating Toner AM & PM
Hyaluronic Hydration AM & PM
Skin Lipids AM & PM
Ultra Hydrating Crème or Pure Squalane Am & PM

Normal Skin:

Creamy Cleanse AM & PM
Exfoliate & Lighten Once a day 1 to 3 times a week depending upon tolerance
Ultra Hydrating Toner Am & PM
Hyaluronic Hydration AM & PM
Skin Lipids AM & PM
Ultra Hydrating Crème or Squalane AM & PM

Oily Skin:

Acid Cleanse AM & PM (May alternate with Creamy Cleanse.)
Sal 2% AM & PM
Exfoliate & Lighten once a day 2 to 4 times a week
Hyaluronic Acid AM & PM

Blemish Prone Skin:

Acid Cleanse Am & PM
Sal 2% AM & PM
Exfoliate & Lighten once a day 3 to 5 times a week
Hyaluronic Hydration AM & PM
Acne Treatment AM & PM
Blemish Away for spot treating PM

Extremely Sensitive Skin:

Ultra Hydrating Cleanser AM & PM
Ultra Hydrating TonerAM & PM
Hyaluronic Hydration AM& PM
Skin Lipids AM& PM
Pure Squalane AM & PM

Everyone needs Hyaluronic Hydration. Skin Lipids heal and protect the skin, adding a little more hydration. Squalane has a larger molecular structure than Hyaluronic and Skin Lipids. Therefore it does not penetrate the dermis, but absorbs in the epidermis and leaves moisture on the surface. Squalane is great for allowing a more smooth application of cream or liquid foundations. I don't recommend it for mineral and powder foundations, unless you give it time to completely absorb.

Anti- Aging Suggestions:

I love all of the serums and I use them religiously. If you are not accustomed to doing several steps in your routine, just add what you are comfortable with and what you will use. I don't want anyone buying products and letting them just sit in a drawer.

Stop the Clock, for lines and wrinkles, is for everyone over 20.

Collagen Anti-Inhibitor is for those over 30. It helps prevent sagging.

Cell Renewal is for all ages, speeding up the production of skin cells.

Vitamin C 12% fights free radicals and protects the skin.

Anti-Discoloration Serum battles the dark spots caused from aging and sun damage.

Dark Circle Relief helps relieve the dark circles and puffiness.

All specialty serums are applied after cleansing, exfoliating and toning. They should be used morning and night for optimum results. These serums are followed by Hyaluronic Hydration, Skin Lipids, and Squalane.

The Creams:

The Creams follow the Specialty Serums, Hyaluronic, Skin Lipids and Squalane.

Age Defense AM may be added for protection and tightening.

Age Defense PM also offers protection and tightening, plus more hydration.

Ultra Hydrating Crème is a fabulous basic moisturizer in a cream form. It works well following any of the serums you choose.

Eye Relief is applied morning and night after serums.

Specialty Products:

Extreme Exfoliate should be used with caution and only once or twice a week depending upon skin tolerance.

Problem Skin Purification Mask is a wonderful extra boost to help clear break-outs. May be used as needed.

Over-night Restoration Mask may be used as needed for a quick lift. We call it "Over-night" because it is most effective if left on over-night. Apply all of your basic regimen and then top with the Over-night Restoration Mask.

Lip Pout is used morning and night. Brush your lips with your tooth brush to exfoliate dead skin before applying.