

# INFLAMED SKIN

## *Routine*

AM ROUTINE : 

01	Deep Facial Cleanser
02	C Serum
03	HA Gold Serum
04	Eye Cream
05	Restorative Moisturiser
06	SPF 50 Natural Sunscreen

NOTE :

Use during the day to top up moisture
And Mineral Makeup If desired

PM ROUTINE : 

01	Deep Facial Cleanser/Micellar Water
02	A Serum
03	C Serum
04	HA Gold Serum
05	Eye Cream
06	Night Renew Cream

NOTE :

<b>Substitute the Cleanser for Micellar if desired</b>
Start with every 3rd night then increase

WEEKLY:

Boost Facial Mask (can be up to 3 times/week)
---

NOTE:

Add Spa Facial Scrub weekly once skin barrier is intact
---