

SKINCARE STEPS

STEPS	MORNING ROUTINE	EVENING ROUTINE
STEP 1: CLEANSE	Use a gentle cream cleanser	Use an oil cleanser, OR double cleanse with an oil cleanser followed by a cream or mild lather
STEP 2: TONE	Use if desired	Use if desired
STEP 3: TREAT INTEGRATE OR SUB RESTORE & REPAIR POWER STEPS	Antioxidant serums like those with vitamin C are excellent in the morning to protect the skin from daily stressors. A good baseline serum includes hyaluronic acid, niacinamide and vitamin C	If desired, use "peels" and alpha- or beta- hydroxy acid (AHA/BHA) leave-on products
STEP 4A: MOISTURIZE INTEGRATE OR SUB REGENERATE POWER STEP	Use a light, water-based moisturizer	If desired, use a heavier "night cream"
STEP 4B: FORTIFY Alternate this with Moisturize step OR double up	Use a skincare oil - or, better yet, a multi-lipid product containing things like ceramides and squalane	Use a skincare oil - or, better yet, a multi-lipid product containing things like ceramides and squalane
STEP 5: PROTECT	Sunscreen! See Vault	N/A!
STEP 6: EYES	Opt for something light and easily absorbed Dark circles: try niacinamide Bags: try caffeine Wrinkles: try peptides and growth factors (see REGENERATE POWER STEP)	A heavier, richer eye cream is great for nighttime Dark circles: try niacinamide Bags: try caffeine Wrinkles: try peptides and growth factors (see REGENERATE POWER STEP)