Skin Cycling

What is Skin Cycling?

Skin-Cycling is a deliberate and strategic approach to skin care that involves cycling through your evening skin care routine to drive results, while minimizing irritation.











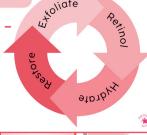




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Skin Cycling

Morning - Each Day

Cleanser, Serum or Booster (C+ Resveratrol, Replenishing Serum C+E, and/or VoluFirm Lifting Serum), Day Cream with SPF, Eye Cream

Day 1 Evening - Exfoliate

Cleanser, Microdermabrasion or Revealing Radiance Facial Peel, VoluFirm Lifting Serum, Night Cream, Eye Cream

Day 2 Evening - Retinol

Cleanser, Clinical Solutions Retinol 0.3, VoluFirm Lifting Serum, Night Cream, Eye Cream

Day 3 Evening - Hydrate

Cleanser, Bio-Cellulose Mask or Moisture Renewing Mask, HA + Ceramide Booster, VoluFirm Lifting Serum, Night Cream, Eve Cream

Day 4 Evening - Restore & Detox

Cleanser, (You may add the Charcoal Mask here for your detox), VoluFirm Lifting Serum, Night Cream, Eye Cream

Day 5 - Start again with Day 1



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Morning - Each Day

Cleanser, Serum or Booster (C+ Resveratrol, Replenishing Serum C+E, and/or VoluFirm Lifting Serum), Day Cream with SPF, Eve Cream

Skin Cycling

Day 1 Evening - Exfoliate

Cleanser, Microdermabrasion or Revealing Radiance Facial Peel, VoluFirm Lifting Serum, Night Cream, Eve Cream

Day 2 Evening - Retinol

Cleanser, Clinical Solutions Retinol 0.3, VoluFirm Lifting Serum, Night Cream, Eye Cream

Day 3 Evening - Hydrate

Cleanser, Bio-Cellulose Mask or Moisture Renewing Mask, HA + Ceramide Booster, VoluFirm Lifting Serum, Night Cream, Eve Cream

Day 4 Evening - Restore & Detox

Cleanser, (You may add the Charcoal Mask here for your detox), VoluFirm Lifting Serum, Night Cream, Eye Cream

Day 5 - Start again with Day 1



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Cleanser, Serum or Booster (C+ Resveratrol, Replenishing Serum C+E, and/or VoluFirm Lifting

Cleanser, Microdermabrasion or Revealing Radiance Facial Peel, VoluFirm Lifting Serum,

Cleanser, Clinical Solutions Retinol 0.3, VoluFirm Lifting Serum, Night Cream, Eye Cream

Cleanser, (You may add the Charcoal Mask here for your detox), VoluFirm Lifting Serum,

Cleanser, Bio-Cellulosé Mask or Moisture Renewing Mask, HA + Ceramide Booster, VoluFirm

Morning - Each Day

Morning - Each Day

Night Cream, Eye Cream

Night Cream, Eye Cream

Day 1 Evening - Extoliate

Day 2 Evening - Retinol

Day 3 Evening - Hydrate

Lifting Serum, Night Cream, Eve Cream

Day 5 - Start again with Day 1

Day 4 Evening - Restore & Detox

Serum), Day Cream with SPF, Eye Cream

Cleanser, Serum or Booster (C+ Resveratrol, Replenishing Serum C+E, and/or VoluFirm Lifting Serum), Day Cream with SPF, Eve Cream

Day 1 Evening - Exfoliate

Cleanser, Microdermabrasion or Revealing Radiance Facial Peel, VoluFirm Lifting Serum, Night Cream, Eve Cream

Day 2 Evening - Retinol

Cleanser, Clinical Solutions Retinol 0.3, VoluFirm Lifting Serum, Night Cream, Eye Cream

Day 3 Evening - Hydrate

Cleanser, Bio-Cellulosé Mask or Moisture Renewing Mask, HA + Ceramide Booster, VoluFirm Lifting Serum, Night Cream, Eve Cream

Day 4 Evening - Restore & Detox

Cleanser, (You may add the Charcoal Mask here for your detox), VoluFirm Lifting Serum, Night Cream, Eye Cream

Day 5 - Start again with Day 1

