



## Daily A.M. Exfoliation System (Normal to problematic skin)

This is a salon-style exfoliation treatment system designed for at home use on a daily basis. It is ideal for those of us who simply wish to look younger and healthier, or who suffer from problematic, blemished complexions. Although suitable for all skin types, those with drier, more sensitive skins should only use this regime after becoming accustomed to the Daily Fundamentals first.

*Sections in italics are optional booster steps, once skin is accustomed to the regular treatment steps.*

	Step	Product	Usage	Benefits to your skin and health
<b>Morning routine</b>	Step 1: Exfoliating cleanser	<b>mint mantra</b> <sup>®</sup> Anti-aging & problematic skin cleanser	Express a few drops onto fingertips or soft washcloth. Lather the skin with a little water, avoiding eyes, and rinse well. May be left on up to 3 minutes for maximum effect	To minimize fine lines, wrinkles, and blemishes. Anti-bacterial deep-pore cleanser which gently sloughs off dull, dead skin cells from the skin's surface revealing a fresher, healthier looking and more even complexion. Cooling and refreshing with peppermint, L- menthol and optically correct (chiral) fruit acids.
	Step 2: Hydrating Spin trap	<b>radical approach</b> <sup>®</sup> Intelligent antioxidant cocktail	Spritz or dab on face after cleansing or any time you feel like a pick-me-up. Avoid eyes.	Tones and re-hydrates with super-saturating Heavy Water – the oil-free moisturizer. Neutralizes free radicals, one of the main causes of aging and eliminates topical bacteria. Also great as an aftershave lotion.
	<i>Step 2a: (Optional) Anti-aging serum protein</i>	<b>special fx</b> <sup>®</sup> <i>Cellular booster</i>	<i>After cleansing and toning, apply a few drops to fingertips and smooth over face. Once absorbed, apply step 3.</i>	<i>Boosts the effectiveness of other products. Contains a potent blend of age-defying nutrients, repair factors, moisturizers, and tissue strengtheners like vitamins C, E and retinol, serum protein and D- glucuronic acid.</i>
	Step 3: Repair Cream & protective shield	<b>mellow yellow</b> <sup>®</sup> Skin food & epidermal booster	Massage gently onto face after thoroughly cleansing and toning.	Provides a physical sun block to prevent the signs of aging and deep nourishes with next generation tissue strengtheners, cell renewal factors and moisturizers. The ideal repair cream after a mild peel or exfoliation.

## Daily P.M. Exfoliation System (Normal to problematic skin)

*Sections in italics are optional booster steps, once skin is accustomed to the regular treatment steps.*

	<b>Step</b>	<b>Product</b>	<b>Using the Products</b>	<b>Benefits to your skin and health</b>
<b>Evening routine</b>	Step 1: Gentle foaming cleanser	<b>crystal clear</b> <sup>®</sup> Hydrating cleanser & toxin trap	Express a few drops onto fingertips or soft washcloth. Lather the skin with a little water and rinse off. Avoid eyes.	Deeply cleanses without stripping natural moisture. Removes heavy metals, environmental toxins and biological impurities, toning the complexion. Also suitable for shaving after first preparing the beard or stubble with diamond dust? .
	<i>Step 1a: (Optional) Polishing and purifying scrub</i>	<b>diamond dust</b> <sup>®</sup> <i>Gentle polishing &amp; refining scrub</i>	<i>Mix a small amount with warm water and gently massage face in circular movements, avoiding eyes. May be left on a few minutes before rinsing.</i>	<i>May be used up to 2-3 times weekly to help remove surface debris, dead cells and toxins on skin, which requires more help. Freshens the complexion and prepares it for deeper penetration of the other active ingredients to follow. Contains special minerals, which act as toxin traps so pollutants can be safely washed away.</i>
	Step 2: Hydrating toner	<b>radical approach</b> <sup>®</sup>	See morning treatment.	See morning treatment for product benefits.
	<i>Step 2a: (Optional) renewal serum</i>	<b>special fx</b> <sup>®</sup> <i>Cellular booster</i>	<i>After cleansing and toning, apply a few drops to fingertips and smooth over face. Apply step 3.</i>	<i>Boosts the effectiveness of other products. Contains a potent blend of age-defying nutrients, repair factors and tissue strengtheners.</i>
	Step 3: Renewal cream	<b>paradigm shift</b> <sup>®</sup> Anti-aging, refining cream	Massage gently onto face after thoroughly cleansing and toning.	Gently sloughs off dead, dull surface cells while you sleep. Time-release nutrients are absorbed deep into the healthy tissue during the night to moisturize and renew. Uses chiral complex of advanced fruit acids, from apples and sugarcane combined with retinol and other vitamins. Leaves skin looking fresher and younger in the morning. If redness or irritation develops, discontinue until skin recovers.