



# anti-aging therapy

For those whose skin shows signs of aging, including crow's feet, frown and expression lines, and loss of elasticity and hydration.

## RECOMMENDED PRODUCTS:

Choose one cleanser (based on skin type):

- Foaming Facial Cleanser
- Arnica Facial Cleanser
- Clarifying Wash
- Skin Firming Serum
- Firming Eye Serum
- Rebuilding Day Cream (based on skin type)
- Restoring Night Cream (based on skin type)
- Retinol Complex
- Glycolic Acid Peel Gel
- Invigorating Facial Scrub

Choose one masque:

- Hydrating Facial Masque
- Clarifying Facial Masque

## RECOMMENDED THERAPY:

### Morning

- Step 1: Cleanser of choice (optional)
- Step 2: Serums (Skin Firming & Firming Eye Serum)
- Step 3: Rebuilding Day Cream (based on skin type)

### Night

- Step 1: Cleanser of choice
- Step 2: Retinol Complex
- Step 3: Serums (Skin Firming & Firming Eye Serum)
- Step 4: Restoring Night Cream (based on skin type)

### 2 to 3 Times Weekly

- Glycolic Acid Peel Gel
- Masque of choice
- Invigorating Facial Scrub

