

### Day time

1. **Cleanser**—dime size amount, use with water and it will foam up and rinse off
2. **Toner**—Spray over face or use with a cotton ball
3. **Luminous Stem Cell Serum or Cream, or Advanced Stem Cell complex**—one pump, massage into skin
4. **Peptide and vitamin C cream**—dime size and massage into skin
5. **Ultimate Eye Cream**—use about 1/2 a pump and massage gently around eye area
6. **Quick Lift**—one pump and massage into skin
7. **Moisture Seal**—one pump, massage into skin
8. **BeautySonic**—turn on low and massage upwards from neck to forehead until products are absorbed (a few minutes). I use this in the am because it firms, but you may use it at night, if preferred.
9. **Sunscreen**—one pump and massage into skin

You may not need all these products but we wanted to have an inclusive list.

### Night time

1. **Cleanser**—dime size amount, use with water and it will foam up and rinse off
2. **Toner**—Spray over face or use with a cotton ball
3. **Luminous Stem Cell Serum or Cream, or Advanced Stem Cell complex**—one pump, massage into skin (if needed, if your skin is in pretty good condition, you may use this once daily)
4. **Ultimate Eye Cream**—use about 1/2 a pump and massage gently around eye area
5. **Night Cream- Retinol and Peptide night Cream or Retinol and Brightening night Cream** —dime size and massage into skin. You may also use the **Peptide and Vitamin C Cream**, so you just have one product.
6. **Quick Lift**—one pump and massage into skin (you may not need this at night, except if you're going out)
7. **Moisture Seal**—one pump, massage into skin (you may not need this, depending on how dry your skin is)
8. **BeautySonic**—if you want to at night, personal preference.