

## 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. Prevent Serum**—Vitamin C Prevention Serum—one pump and massage into skin. Vitamin C stays in your skin for 24 hours and protects from sun damage, just use in the am.
- 4. Prevent Cream**—any serum alone is drying. We suggest using a prevention cream over your serum. Either Vitamin C Prevention Cream or the Peptide and Vitamin C cream—dime size and massage into skin
- 5. Eye Care**—Enlighten Eye Care or Ultimate Eye Cream—just a tiny amount and pat around eye area
- 6. Volumizing Moisturizer**—if needed for plumper skin. You can use it over your serum and skip the prevention cream or for additional plumping use it over your prevention. The more moisture in you skin before application, the more the volumizing moisturizer will plump up—dime size and massage into skin.
- 7. Moisture Seal**—if needed for drier skin—just a couple drops and massage into skin.
- 8. Sunscreen**—one pump and massage into skin

## 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. Repair Serum**—Enlighten Azelaic Booster. Use this at night because it helps exfoliate and brighten the skin—one pump and massage into skin
  - 4. Repair Cream**—Enlighten Cream has three different types of stem cells which help repair damaged skin. This also mildly exfoliates and hydrates—one plump and massage in.
  - 5. Eye Care**—Enlighten Eye Care or Ultimate Eye Cream—just a tiny amount and pat around eye area
  - 6. Moisture Seal**—if needed for dried skin, one pump, massage into skin
- BeautySonic**—turn on low and massage upwards from neck to forehead until products are absorbed (a few minutes) - this helps you get better results from you products and tighten and firm. This can be used day or night but since it helps lift I use it in the am before sunscreen.