

SENSITIVE SKIN

DAYTIME:

1. *Clean; Apply a nickel size amount of **Chamomile Cleansing Lotion** to the face massaging with circular motion over forehead, temples, cheek, chin and neck area. Allow it to sit for 5 seconds then completely remove with damp, warm cloth.*
2. *Tone; Spray several pumps of mist of the **Ginseng Mineral Toner** on a flat cotton pad. Apply upward in a small sweeping motion to face and neck.*
3. *Moisturize; Apply a dime size amount of **Sage & Citrus Moisturizer** applying it to the forehead, temples, cheek, chin and neck area.*
4. *Before heading out apply the **Advanced SPF 30** to protect your face from harsh element exposure.*

NIGHTTIME:

1. *Follow steps 1-2 then blanket the face and neck area with **Aloe & Azulene Gel Masque**. Allow it to sit 10-25 minutes and remove with a damp, tepid or warm wash cloth.*
2. *Lastly do steps 2-3 again and you are now finished.*

2-3 TIMES A WEEK

1. *Follow steps 1-2 then Apply a quarter size **Papaya Crème Enzyme Polish** and massage in a gentle upward motion to face and neck area. Do not use pressure while massaging. Massage for 1 to 2 minutes. Rinse completely with tepid or warm, damp towel.*
2. *Lastly do steps 2-3 again and you are now finished.*