

AGING

Regimen



Recommended Treatment Time: 10 Minutes

Description:

This regimen was specifically created to assist in reducing the signs of premature aging. These products help to tone, tighten and brighten the skin. For any questions, contact your skin care professional.

MORNING

- 01** Cleanse skin with Glycolic Facial Cleanser. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 02** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir and Barrier Repair Cream with Amino Acids. Dispense each to palms and apply to face, neck and décolleté.
- 03** Apply equal parts Oxygen Cream, Age Delay Cream, and Vitamin C Cream to the face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of CBD Regenerative Eye Cream, apply to entire eye area and massage until absorbed.
- 04** Protect from UV rays and free radical damage with Hydrating Protection Gel 30. Apply a small pea size amount to face, neck, décolleté and any other areas exposed to UVA/UVB Rays. Reapply every two hours as needed for maximum protection.

EVENING

- 01** Perform first cleanse with Vitamin C Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Perform second cleanse with Glycolic Facial Cleanser. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 03** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir and Barrier Repair Cream with Amino Acids. Dispense each to palms, apply to face, neck and décolleté.
- 04** Balance and moisturize with Oxygen Cream, Age Delay Cream, and Vitamin C Cream to the face, neck and décolleté. Dispense equal parts to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of Anti-Wrinkle Eye Cream, apply to entire eye area and massage until absorbed.

DURING the WEEK

Once a week, in the evening after second cleanse, apply YOUTH Firm Age Defying Peel for 5–7 minutes. Rinse with tepid water. Finish remaining steps. Apply a small, pea size amount of AHA Accelerator after masque or second cleanse 1–3 times a week.

AGING ACNEIC Regimen



Recommended Treatment Time: 10 Minutes

Description:

This regimen was specifically created to care for aging acneic skin. These products help to absorb excess oil without stripping or drying out the skin. For any questions, contact your skin care professional.

MORNING

- 01** Cleanse skin with Glycolic Facial Cleanser with 10% Glycolic Acid. Dispense 1 pump of cleanser into palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, and rinse with warm water.
- 02** Treat and maintain skin with Daily Skin Clarifier and Fulvic Elixir. Dispense 1 pump of each serum into palms and apply to face, neck, and décolleté.
- 03** Apply equal parts Oxygen Cream and Age Delay Cream to the face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of CBD Regenerative Eye Cream to the entire eye area and massage until absorbed.
- 04** Protect from UV rays & free radical damage with Hydrating Protection Gel 15. Apply a small pea size amount to entire face, neck, décolleté and any other areas exposed to UVA/UVB Rays. Reapply every two hours as needed for maximum protection.

EVENING

- 01** Perform first cleanse with Vitamin C Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Perform second cleanse with Glycolic Facial Cleanser with 10% Glycolic Acid. Dispense 1 pump of cleanser into palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, and rinse with warm water.
- 03** Treat and maintain skin with Daily Skin Clarifier and Fulvic Elixir. Dispense 1 pump of each serum into palms and apply to face, neck, and décolleté.
- 04** Balance and moisturize with Daily Repair Cream. Dispense 1–2 pumps into palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of Firming Eye Cream to the entire eye area and massage until absorbed.

1–3 TIMES per WEEK

In the evening, after second cleanse, apply 2–4 pumps of Oxygen Deep Pore Masque for 5–10 minutes. Rinse with tepid water. Finish remaining steps. Apply a small amount of Retinol Rejuvenation Serum 2–3 times a week.

ANTI-AGING

Regimen

glymed⁺

Recommended Treatment Time: 10 Minutes

Description:

This regimen was specifically created to assist in reducing the signs of premature aging. These products help to tone, tighten and brighten the skin. For any questions, contact your skin care professional.

MORNING

- 01** Cleanse skin with Glycolic Facial Cleanser with 10% Glycolic Acid. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 02** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir and Barrier Repair Cream with Amino Acids. Dispense each to palms and apply to face, neck and décolleté.
- 03** Apply equal parts Oxygen Cream, Age Delay Cream and Vitamin C Cream to the face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of CBD Regenerative Eye Cream, apply to entire eye area and massage until absorbed.
- 04** Protect from UV rays and free radical damage with Hydrating Protection Gel 30. Apply a small pea size amount to face, neck, décolleté and any other areas exposed to UVA/UVB Rays. Reapply every two hours as needed for maximum protection.

EVENING

- 01** Perform first cleanse with Vitamin C Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Perform second cleanse with Glycolic Facial Cleanser with 10% Glycolic Acid. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 03** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir and Barrier Repair Cream with Amino Acids. Dispense each to palms, apply to face, neck and décolleté.
- 04** Balance and moisturize with Oxygen Cream, Age Delay Cream, and Vitamin C Cream to the face, neck and décolleté. Dispense equal parts to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of Firming Cream, apply to entire eye area and massage until absorbed.

DURING the WEEK

Once a week, in the evening after second cleanse, apply Age Defying Masque for 5–7 minutes. Rinse with tepid water. Finish remaining steps. Apply a small, pea size amount of Accelerator Gel with 20% Alpha Hydroxy Acids after masque or second cleanse 1–3 times a week.

DRY ACNE

Regimen



Recommended Treatment Time: 10 Minutes

Description:

This regimen was specifically created to care for mild/moderate Acne for skin types that are Normal to Dry. These products help to kill acne causing bacteria to clear breakouts without stripping or drying out the skin. For any questions, contact your skin care professional.

MORNING

- 01** Cleanse skin with Clear Skin Cleanser. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 02** Treat and maintain skin with Daily Skin Clarifier and Fulvic Elixir. Dispense 1 pump of each serum to palms and apply to face, neck, and décolleté.
- 03** Balance and moisturize with Daily Repair Cream. Dispense 1–2 pumps to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of CBD Regenerative Eye Cream, apply to entire eye and massage until absorbed.
- 04** Protect from UV rays and free radical damage with Hydrating Protection Gel 15. Apply a small pea size amount to face, neck, décolleté and any other areas exposed to UVA/UVB Rays. Reapply every two hours as needed for maximum protection.

EVENING

- 01** Perform first cleanse with Mega Cream Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Perform second cleanse with Clear Skin Cleanser. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 03** Treat and maintain skin with Daily Skin Clarifier and Fulvic Elixir. Dispense 1 pump of each serum to palms and apply to face, neck and décolleté.
- 04** Balance and moisturize with Daily Repair Cream. Dispense 1–2 pumps to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of Firming Eye Cream, apply to entire eye area and massage until absorbed.

1–3 TIMES per WEEK

In the evening, after second cleanse, apply 2–4 pumps of Oxygen Deep Pore Masque for 5–10 minutes. Rinse with tepid water. Finish remaining steps.

Tip: For inflamed lesions use Blemish Control No. 5. If additional moisture is needed, add in Recovery Cream with Arnica.

HYDRATING

Regimen

glymed⁺

Recommended Treatment Time: 15 Minutes

Description:

This regimen was specifically created to care for dehydrated skin. These products help to maintain the balance of normal skin while helping to prevent premature aging. For any questions, contact your skin care professional.

MORNING

- 01** Cleanse skin with Mega Cream Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir and Firming Serum with Phyto-Stem Cells. Dispense 1 pump of each serum to palms and apply to face, neck, and décolleté.
- 03** Apply equal parts Oxygen Cream and Daily Repair Cream to the face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of CBD Regenerative Eye Cream, apply to entire eye area and massage until absorbed.
- 04** Protect from UV rays and free radical damage with Hydrating Protection Gel 15. Apply a small pea size amount to face, neck, décolleté and any other areas exposed to UVA/UVB Rays. Reapply every two hours as needed for maximum protection.

EVENING

- 01** Cleanse skin with Mega Cream Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Perform second cleanse with Glycolic Facial Cleanser. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 03** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir and Firming Serum with Phyto-Stem Cells. Dispense 1 pump of each serum to palms and apply to face, neck, and décolleté.
- 04** Apply equal parts Oxygen Cream and Daily Repair Cream to the face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of Firming Eye Cream, apply to entire eye area and massage until absorbed.

1-2 TIMES per WEEK

In the evening after second cleanse, apply Hydrating Masque with Enzymes for 10–15 minutes. Rinse with tepid water. Finish remaining steps.

HYPERPIGMENTATION

Regimen



Recommended Treatment Time: 10 Minutes

Description:

This regimen was specifically created to care for moderate hyperpigmentation. These products help. For any questions, contact your skin care professional.

MORNING

- 01** Cleanse skin with Vitamin C Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir, and Pigment Brightening Serum. Dispense 1 pump of each serum and apply to face, neck and décolleté.
- 03** Balance and moisturize with Oxygen Cream. Dispense to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of CBD Regenerative Eye Cream to the entire eye area and massage until absorbed.
- 04** Protect from UV rays and free radical damage with Hydrating Protection Gel 30+. Apply a small pea size amount to face, neck, décolleté and any other areas exposed to UVA/UVB Rays. Reapply every two hours as needed for maximum protection.

EVENING

- 01** Perform first Cleanse with Vitamin C Cleanser. Dispense 1 pump of cleanser into dry hands and massage onto dry skin for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Perform second cleanse with Glycolic Facial Cleanser. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 03** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir, and Derma Pigment Skin Brightener. Dispense 1 pump of each serum and apply to face, neck and décolleté.
- 04** Balance and moisturize with Oxygen Cream, Resurfacing Night Cream with 15% Glycolic Acid, and Vitamin C Cream. Dispense equal parts to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of Firming Eye Cream to the entire eye area and massage until absorbed.

1–3 TIMES per WEEK

In the evening, after second cleanse, apply Anti-Aging Exfoliant Masque to the face, neck and décolleté and leave on for 5–10 minutes . Rinse with tepid water. Finish remaining steps.

MILD POST-PROCEDURAL Regimen

glymed+

Recommended Treatment Time: 15 Minutes

Description:

This regimen was specifically created to care for mild post-procedural. These products help to the skin. For any questions, contact your skin care professional.

MORNING

- 01** Cleanse skin with Foaming Cleanser with Amino Acids. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 02** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir, Ultra Hydro Gel, Protective Skin Serum with Ceramides, and Diamond Bright Skin Illuminator. Dispense 1 pump of each serum to palms and apply to face, neck and décolleté.
- 03** Balance and moisturize with Daily Repair Cream and Vitamin C Cream. Dispense 1–2 pumps to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of CBD Regenerative Eye Cream to the entire eye area and massage until absorbed.
- 04** Protect from UV rays and free radical damage with Hydrating Protection Gel 30+. Apply a small pea size amount to face, neck, décolleté and any other areas exposed to UVA/UVB Rays. Reapply every two hours as needed for maximum protection.

EVENING

- 01** Perform first cleanse with Vitamin C Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Perform second cleanse skin with Foaming Cleanser with Amino Acids. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 03** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir, Ultra Hydro Gel, Protective Skin Serum with Ceramides, and Diamond Bright Skin Illuminator. Dispense 1 pump of each serum to palms and apply to face, neck and décolleté.
- 04** Balance and moisturize with Daily Repair Cream. Dispense 1–2 pumps to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of Firming Eye Cream to the entire eye area and massage until absorbed.

2–3 TIMES per WEEK

In the evening, after second cleanse, apply Hydrating Masque with Enzymes to the face and allow to sit for 10–15 minutes. Rinse with tepid water. Finish remaining steps.

Tip: If additional moisture is needed, add in Cell Protection Balm.

MODERATE POST-PROCEDURAL Regimen

glymed+

Recommended Treatment Time: 15 Minutes

Description:

This regimen was specifically created to care for moderate post-procedural. These products help to the skin. For any questions, contact your skin care professional.

MORNING

- 01** Cleanse skin with Foaming Cleanser with Amino Acids. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 02** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir, Ultra Hydro Gel, Protective Skin Serum with Ceramides, and Diamond Bright Skin Illuminator. Dispense 1 pump of each serum to palms and apply to face, neck and décolleté.
- 03** Balance and moisturize with Daily Repair Cream. Dispense 1–2 pumps to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of CBD Regenerative Eye Cream, apply to entire eye area and massage until absorbed.
- 04** Protect from UV rays and free radical damage with Hydrating Protection Gel 30+. Apply a small pea size amount to face, neck, décolleté and any other areas exposed to UVA/UVB Rays. Reapply every two hours as needed for maximum protection.

EVENING

- 01** Perform first cleanse with Vitamin C Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Perform second cleanse skin with Foaming Cleanser with Amino Acids. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 03** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir, Ultra Hydro Gel, Protective Skin Serum with Ceramides, and Diamond Bright Skin Illuminator. Dispense 1 pump of each serum to palms and apply to face, neck and décolleté.
- 04** Balance and moisturize with Barrier Repair Cream with Amino Acids. Dispense and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of Firming Eye Cream to the entire eye area and massage until absorbed.

2–3 TIMES per WEEK

In the evening, after second cleanse, apply Hydrating Masque with Enzymes to the face and allow to sit for 10–15 minutes. Rinse with tepid water. Finish remaining steps.

Tip: If additional moisture is needed, add in Cell Protection Balm.

OILY ACNE

Regimen



Recommended Treatment Time: 10 Minutes

Description:

This regimen was specifically created to care for moderate acne for skin types that are Oily. These products help to kill acne causing bacteria to clear breakouts without stripping or drying out the skin. For any questions, contact your skin care professional.

MORNING

- 01** Cleanse skin with Purifying Cleanser with Salicylic Acid. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, and rinse with warm water.
- 02** Treat and maintain skin with Astringent No. 2 with Salicylic Acid. Apply to cotton ball and wipe area being treated. Apply Daily Skin Clarifier, Fulvic Elixir, and Protective Skin Serum with Ceramides. Dispense 1 pump of each serum to palms and apply to face, neck, and décolleté.
- 03** Balance and moisturize with Oxygen Cream, and Ultra Hydro Gel. Dispense equal parts to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of CBD Regenerative Eye Cream to the entire eye area and massage until absorbed.
- 04** Protect from UV rays and free radical damage with Hydrating Protection Gel 15. Apply a small pea size amount to face, neck, décolleté and any other areas exposed to UVA/UVB Rays. Reapply every two hours as needed for maximum protection.

EVENING

- 01** Perform first cleanse with Vitamin C Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Perform second cleanse with Purifying Cleanser with Salicylic Acid. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 03** Treat and maintain skin with Astringent No. 2 with Salicylic Acid. Apply to cotton ball and wipe area being treated. Apply Daily Skin Clarifier, Fulvic Elixir, and Protective Skin Serum with Ceramides. Dispense 1 pump of each serum to palms and apply to face, neck, and décolleté.
- 04** Balance and moisturize with, Oxygen Cream, and Ultra Hydro Gel. Dispense equal parts to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of Firming Eye Cream, apply to entire eye area and massage until absorbed.

1-3 TIMES per WEEK

In the evening after second cleanse, apply 2–4 pumps of Oxygen Deep Pore Masque for 5–10 minutes. Rinse with tepid water. Finish remaining steps.

ONCOLOGY TREATED SKIN Regimen

glymed+

Recommended Treatment Time: 20 Minutes

Description:

This regimen was specifically created to care for cancer/oncology treated skin. These products help to the skin. For any questions, contact your skin care professional.

MORNING

- 01** Cleanse with Mega Cream Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir, and Firming Serum with Phyto-Stem Cells. Dispense 1 pump of each serum to palms and apply to face, neck and décolleté.
- 03** Balance and moisturize with Daily Repair Cream, Cell Protection Balm, Peptide Cream, Protective Skin Serum with Ceramides and Ultra Hydro Gel. Dispense to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of CBD Regenerative Eye Cream to the entire eye area and massage until absorbed.
- 04** Protect from UV rays and free radical damage with Hydrating Protection Gel 30+. Apply a small pea size amount to face, neck, décolleté and any other areas exposed to UVA/UVB Rays. Reapply every two hours as needed for maximum protection.

EVENING

- 01** Perform first cleanse with Vitamin C Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Perform second cleanse with Mega Cream Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 03** Treat and maintain skin with Daily Skin Clarifier, Fulvic Elixir, and Firming Serum with Phyto-Stem Cells. Dispense 1 pump of each serum to palms and apply to face, neck and décolleté.
- 04** Balance and moisturize with Barrier Repair Cream with Amino Acids, Peptide Cream, Protective Skin Serum with Ceramides, Ultra Hydro Gel, and Cell Protection Balm. Dispense to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of Firming Eye Cream to the entire eye area and massage until absorbed.

1-3 TIMES per WEEK

In the evening, after second cleanse, apply Rejuvenating Peptide Masque mixed with Comfort Cream with Aloe Vera to face, neck and décolleté for 15–20 minutes. Rinse with tepid water. Finish remaining steps.

SUMMER SAFE

Regimen

glymed+

Recommended Treatment Time: 10 Minutes

Description:

This regimen was specifically created to care for skin during the hot sunny summer months. These products help to maintain the balance of healthy skin while helping to prevent premature aging that happens when spending extended time outside. For any questions, contact your skin care professional.

MORNING

- 01** Cleanse skin with Mega Cream Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1 – 2 minutes. Add water for slip, rinse with warm water.
- 02** Treat and maintain skin with Micro Lift Serum. Dispense 1/4 of dropper to palms and apply to face, neck, and décolleté.
- 03** Apply Vitamin E Cream to the face, neck and décolleté.
- 04** Protect from UV rays and free radical damage with Hydrating Protection Gel with SPF 30. Apply a small pea size amount to face, neck, décolleté and any other areas exposed to UVA/UVB Rays. Reapply every two hours as needed for maximum protection.

EVENING

- 01** Cleanse skin with Mega Cream Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1 – 2 minutes. Add water for slip, rinse with warm water.
- 02** Cleanse skin with Mega Cream Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1 – 2 minutes. Add water for slip, rinse with warm water.
- 03** Treat and maintain skin with Micro Lift Serum. Dispense 1/4 a dropper to palms and apply to face, neck, and décolleté.
- 04** Apply Vitamin E Cream to the face, neck and décolleté.

DURING the WEEK

Dispense Age Defying Masque and apply to the skin using a fan brush. Allow to remain on the skin for 5 – 7 minutes. Remove with cool towels.

RESTORE SKIN BALANCE

glymed⁺

Regimen

Recommended Treatment Time: 10 Minutes

Description:

Keeping the epidermis in balance is the key to achieving healthy skin. The products in this regimen work together to provide gentle exfoliation and deep hydration for a radiant, healthy glow.

MORNING

- 01** Cleanse skin with Foaming Cleanser. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 02** Treat and maintain skin with Essential Serum with Amino Acids. Dispense 1 pump of serum to palms and apply to face, neck, and décolleté.
- 03** Balance and moisturize with Oxygen Cream. Dispense 1–2 pumps to palms and apply to face, neck, and décolleté. If additional moisture is needed, add 2–3 drops of Beauty Oil. Don't neglect the eyes, apply a small, grain size amount of Eye Calm, apply to entire eye area and massage until absorbed.
- 04** Protect from UV rays and free radical damage with Hydrating Protection Gel. Apply to face, neck, décolleté, and any other areas exposed to UV rays.

EVENING

- 01** Cleanse skin with Foaming Cleanser. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 02** Cleanse skin with Clear Skin Cleanser. Dispense 1 pump of cleanser to palms and emulsify with water. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 03** 1–3 nights a week, dispense 1/2 dropper of Micro Renewal Smoothing Serum to palms and apply to face, neck, and décolleté.
- 04** Treat and maintain skin with Essential Serum with Amino Acids. Dispense 1 pump of serum to palms and apply to face, neck, and décolleté.
- 05** Balance and moisturize with Comfort Cream. Dispense to palms and apply to face, neck, and décolleté. If additional moisture is needed, add 1/2–1 pump Vitamin E Cream. Don't neglect the eyes, apply a small, grain size amount of Eye Calm, apply to entire eye area and massage until absorbed.

1–3 TIMES per WEEK

Dispense CBD Hydratherapy Masque and apply to the skin using a fan brush. Allow to remain on the skin for 10–15 minutes. Remove with damp towel.

MASTER REGIMEN: REFORMATTED

glymed⁺

Regimen

Recommended Treatment Time: 10 Minutes

Description:

This regimen was specifically created to care for mild/moderate acne for skin types that are normal to dry. These products help to kill acne causing bacteria to clear breakouts without stripping or drying out the skin. For any questions, contact your skin care professional.

MORNING

- 01** Cleanse skin with Clear Skin Cleanser. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 02** Treat and maintain skin with Daily Skin Clarifier and Fulvic Elixir. Dispense 1 pump of each serum to palms and apply to face, neck and décolleté.
- 03** Balance and moisturize with Daily Repair Cream. Dispense 1–2 pumps to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of CBD Regenerative Eye Cream, apply to entire eye area and massage until absorbed.
- 04** Protect from UV rays and free radical damage with Hydrating Protection Gel 30+. Apply a small pea size amount to face, neck, décolleté and any other areas exposed. Perform first Cleanse with Mega Purifying Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.

EVENING

- 01** Perform first Cleanse with Mega Cream Cleanser. Dispense 1 pump to dry palms and apply to dry skin massaging for 1–2 minutes. Add water for slip, rinse with warm water.
- 02** Cleanse skin with Clear Skin Cleanser. Dispense 1 pump of cleanser to palms and emulsify with water to create foam. Massage for 1–2 minutes, avoiding eye area, rinse with warm water.
- 03** Treat and maintain skin with Daily Skin Clarifier and Fulvic Elixir. Dispense 1 pump of each serum to palms and apply to face, neck and décolleté.
- 04** Balance and moisturize with Daily Repair Cream. Dispense 1–2 pumps to palms and apply to face, neck and décolleté. Don't neglect the eyes, apply a small, grain size amount of Firming Eye Cream, apply to entire eye area and massage until absorbed.

1–3 TIMES per WEEK

In the evening, after second cleanse, apply 2–4 pumps of Oxygen Deep Pore Masque for 5–10 minutes. Rinse with tepid water. Finish remaining steps.

Tip: If additional moisture is needed, add in Recovery Cream with Arnica.