

Basic RegeneC Regime

Superior, Clean, Natural

Mini Facial

Enjoy the mini facial one evening or morning, whichever you choose, every 10-14 days

1. **Exfoliate** - squeeze half inch diameter drop into your hand, then massage into the skin using a circular motion until evenly distributed; leave 60 seconds and rinse.
2. **Masque** - evenly distribute the masque across the face and let it sit till dry (approx. 20 minutes.) **NO** more than 30 minutes.
3. **Cleanse** - (see Exfoliate)
4. **Scar Treat** - apply a small amount to affected areas.
5. **VS Vitamin Serum** - use liberally and let absorb completely.

Evenings 5 days of the week

1. **Cleanse** 2. **Tone**
3. **Moisturize** - Here you can use some of the Hydrom moist Creme then use Scar Creme or desired moisturizer.

Evenings 2 days of the week

1. **Exfoliate** 2. **Tone** 3. **Moisturize**
4. **Apply Vitamin C Serum** - Scar Treat before applying serum. see above for instructions for application

Mornings 7 Days

1. **Cleanse** - squeeze half inch diameter drop into your hand, then massage into the skin using a circular motion until evenly distributed; leave 60 seconds and rinse.
2. **Tone** - spritz around face and sit for 40 seconds. pat or air dry.
3. **Scar Treat** - apply small amount to affected areas
4. **Moisturizer** - use a pea sized amount to massage into the face.