

# derma e® Guide to Healthy Skin

## Normal to Oily / Combination

Generally balanced with a tendency to have shiny oily patches. Prone to blemishes or acne.

	Cleansing	Toning	Exfoliating	Moisturizing
Basics	Glycolic Facial Cleanser	Aloe & Chamomile Toner	Sea Kelp & Herbs Scrub or AHA Beauty Fluid	<b>Day:</b> Alpha Lipoderm® <b>Night:</b> Ester-C® Crème
Premiums			Microdermabrasion Scrub	<b>Day &amp; Night:</b> Pycnogenol® Crème or Pycnogenol® Gel
Ultimates	Vanilla Bean Cleansing Mousse	Vanilla Bean Revitalizing Toner	Microdermabrasion Scrub	<b>Day:</b> Age - Defying Day Crème <b>Night:</b> Age - Defying Night Crème
Special Care	Eyebright Eye Makeup Remover Papaya & Soy Milk Mask	• Pycnogenol® Eye Gel with Green Tea Extract	• Clear Skin 2 – Spot Blemish Treatment	

## Normal to Dry / Combination

Skin is generally balanced with the occasional tendency to be dry and flaky.

	Cleansing	Toning	Exfoliating	Moisturizing
Basics	Papaya & Soy Milk Foaming Cleanser	Papaya & Soy Milk Toner	Sea Kelp & Herbs Scrub or AHA Beauty Fluid	<b>Day:</b> Alpha Lipoderm® <b>Night:</b> Ester-C® Crème
Premiums			Microdermabrasion Scrub	<b>Day:</b> Hyaluronic Acid Day Crème <b>Night:</b> Hyaluronic Acid Night Crème
Ultimates	Vanilla Bean Cleansing Mousse	Vanilla Bean Revitalizing Toner	Microdermabrasion Scrub	<b>Day:</b> Age - Defying Day Crème <b>Night:</b> Age - Defying Night Crème
Special Care	Eyebright Eye Makeup Remover Age-Defying Hydrating Masque	• Pycnogenol® and Hyaluronic Acid Eye Crème	• Hyaluronic Acid Firming Serum	

## Oily / Blemish-Prone

Skin tends to be oily, shiny, or feel unclean. Pores often congested or enlarged. Prone to blemishes.

	Cleansing	Toning	Exfoliating	Moisturizing
Basics	Clear Skin 1 or Tea Tree & E Face/Body Wash	Aloe & Chamomile Skin Toner	Sea Kelp & Herbs Scrub or AHA Beauty Fluid	<b>Day &amp; Night:</b> Clear Skin 3 Ester-C® Serum
Premiums			Microdermabrasion Scrub	<b>Day &amp; Night:</b> Hyaluronic Firming Serum Pycnogenol® Gel
Ultimates	Vanilla Bean Cleansing Mousse	Vanilla Bean Revitalizing Toner	Microdermabrasion Scrub	<b>Day:</b> Age - Defying Day Crème <b>Night:</b> Age - Defying Night Crème
Special Care	Eyebright Eye Makeup Remover Clear Skin 2 - Spot Blemish Treatment	• Pycnogenol® Eye Gel with Green Tea Extract	• Papaya & Soy Milk Mask	

## Dry / Damaged

Skin may feel tight, drawn, flaky and unable to retain moisture. May be wrinkled or sun-damaged.

	Cleansing	Toning	Exfoliating	Moisturizing
Basics	Lemon & Aloe Facial Cleanser	Papaya & Soy Milk Skin Toner	Papaya & Soy Milk Mask or AHA Beauty Fluid	<b>Day &amp; Night:</b> Retinol & Green Tea Ester-C® Crème
Premiums			Microdermabrasion Scrub*	<b>Day:</b> Hyaluronic Day Crème <b>Night:</b> Hyaluronic Night Crème
Ultimates	Vanilla Bean Cleansing Mousse	Vanilla Bean Revitalizing Toner	Microdermabrasion Scrub*	<b>Day:</b> Age-Defying Day Crème <b>Night:</b> Age-Defying Night Crème
Special Care	Eyebright Eye Makeup Remover Age-Defying Hydrating Masque	• Pycnogenol® and Hyaluronic Acid Eye Crème	• Hyaluronic Acid Firming Serum	
		• Complete E™ Cranberry Crème	• Neck and Décolleté Firming Crème w/DMAE & Peptides	

## Sensitive

Pale, thin, red, irritated, allergic or inflamed skin. May appear blotchy or flushed.

	Cleansing	Toning	Exfoliating	Moisturizing
Basics	Papaya & Soy Milk Foaming Cleanser	Papaya & Soy Milk Skin Toner	Papaya & Soy Milk Mask	<b>Day &amp; Night:</b> Ester-C® Serum Ester-C® Crème
Premiums	Pycnogenol® Facial Cleanser	Pycnogenol® Toner	Microdermabrasion Scrub*	<b>Day &amp; Night:</b> Pycnogenol® Crème or Pycnogenol® Gel
Ultimates	Vanilla Bean Cleansing Mousse	Vanilla Bean Revitalizing Toner	Microdermabrasion Scrub*	<b>Day:</b> Age-Defying Day Crème <b>Night:</b> Age-Defying Night Crème
Special Care	Eyebright Eye Makeup Remover Age-Defying Hydrating Masque	• Pycnogenol® Eye Gel with Green Tea Extract	• Pycnogenol® and Hyaluronic Acid Eye Crème	
		• Dry Skin: Complete E™ Cranberry Crème	• Pycnogenol® Redness Reducing Serum	

\* exfoliate using gentle pressure