

Skincare Routine Guide by Christine Byer Esthetics TM

The order of a skincare routine is cleanse, (exfoliate as needed), serums/essences, devices, moisturize, and sunscreen. Use Anma daily AM+PM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM Cleanse, Serum(s), Device *1, *2 & *3, 6 Moisturize, SPF	AM Cleanse, Serum(s), Device *1, *4, Moisturize, SPF	AM Cleanse, Serum(s), Device *1, *2 & *3, 6 Moisturize, SPF	AM Cleanse, Serum(s), Device *1, *4, Moisturize, SPF	AM Cleanse, Serum(s), Device *1, *2 & *3, 6 Moisturize, SPF	AM Cleanse, Serum(s), No Device – Let Skin Rest , Moisturize, SPF	AM Cleanse, Serum(s), Device *1, *4, Moisturize, SPF
PM Cleanse, Serum(s), Device *1, *5, Retinol, Moisturize	PM Cleanse, Serum(s), Device *1, *2 & *3, 6 Moisturize	PM Cleanse, Serum(s), Device *1, *5, Retinol, Moisturize	PM Cleanse, Serum(s), Device *1, *2 & *3, 6 Moisturize	PM Cleanse, Serum(s), Device *1, *5, Retinol, Moisturize	PM Cleanse, Serum(s), No Device – Let Skin Rest , Moisturize	PM Cleanse, Serum(s), Device *1, *5, Moisturize

***KEY: Device 1 – Anma | Device 2 – Clareblend Mini | Device 3 – Eye Rejuvenator | Device 4 – Time Master Pro | Device 5 - Curve Face & Body | Device 6 - LED**

Device Use Tips:

Use the Anma to release fascia *prior to any* device treatment. *Never use microcurrent on dry skin.* Skin MUST be damp (not dripping) the entire treatment time. Always use the Mini last if you are using other devices. Never use TMP/Ultrasound without a conducting GEL. *NEVER use water only as the conducting medium for TMP/Ultrasound.* Use the TMP maximum 2 times a week with day in between. **Do not use the TMP while plugged into the charger.** Use the Curve CV/Ultrasound with conducting GEL (not water) on the lower face, neck, décolleté and body (max 15 minutes on each body (i.e., 5 minutes for both arms – 5 minutes both legs – 5 minutes belly) a maximum 3 times a week with day in between. The charge on the Curve will last up to one hour. **Do not use the Curve while plugged into the charger.** May use Clareblend Mini and Eye Rejuvenator DAILY – and always with damp skin. Can use eye cream or serums (not oil-based) with Eye Rejuvenator, then rewet with water if product dries before 3-minute use. **Do not use the Eye Rejuvenator while plugged into the charger.** Remove conductive gel by using a warm wet cloth or splashing with water then patting dry. Apply moisturizer and sunscreen (AM) or just moisturizer (PM) last. If skin begins to feel dehydrated or overworked from device use, increase water intake, and give skin a rest by skipping a day or two as needed. Results will continue to build even if you skip a day or two. **Exfoliate once weekly for skin in good shape or 2 – 3 times weekly with a light exfoliating product (2-8% acids – CBE Botanicals Revive Exfoliating Serum). Exfoliate after cleansing and then proceed with regular routine.**

Additional Suggestions:

- To incorporate a Mask Treatment, choose Saturday AM or PM for a nice boost to your skincare routine. Choose the type of mask based on what your skin needs at the time. I.E. (moisturizing, soothing, brightening, etc.)
- It's best practice to use Brightening serums before device(s) in your AM Routine (if using devices).
- Limit Retinol serums to 3 times a week to avoid overuse and always in the PM to avoid sun sensitivity. Do not use devices *after* applying retinol. (i.e., on top of retinol). Leave time for skin to cool if doing devices and retinol in the same night or use one or the other (alternate nights).
- If desiring to spread out multiple serum usage, switch up serums between days of week or between AM and PM applications.
- Use NeoGenesis Recovery first in multi serum applications. Always allow each serum to penetrate fully before applying to next serum. 1 – 2 minutes.
- Always apply sunscreen after all other skincare products on days you are going to be exposed to the sun for longer than 15 minutes. Remember to treat top of hands with sunscreen daily as they are exposed to sun while driving.
- Skincare is not a one size fits all situation. You will need to experiment to find the perfect combination of product and devices best for your skin.
- The above schedule is a general guide. You may use products and devices according to your preferences, but you should avoid overuse.
- To accurately determine effectiveness of any product or device, take a BEFORE picture and a new picture weekly or every two weeks and compare to see subtle changes. Make sure picture is taken in bright light (no shadows), without makeup, hair pulled back, same expression and position of face. Take one from front, and one from each side of face. It will take time to see results. You must be consistent with the use of any product or device. Give each product and/or device 30 days of consistent use to determine if it's right for your skin unless you experience an adverse reaction. Stop using the product or device immediately if you experience an adverse reaction.