Name: _________________________________          Date:________________
Email Address: ____________________________________________________

When doing your face, think about it this way: Under a microscope your skin cells look like tiny fish scales growing downward. So NEVER EVER go round and round. You’d be tearing up the skin cells with this type of motion and ruining the texture. Picture that fish; if you were to take something and go around, the scales would be a mess. Yes, all those devices out there do a terrible job to your skin.

**Morning:**
1. 1\textsuperscript{st} clean face (very warm water only) with white washcloth (to be able to see when skin is clean) or natural silk sea sponge – upward motion 6 or 7 times. Remove makeup with olive oil or grapeseed oil on washcloth. Great for face and leaves no soap residue. Still rinse after.
2. While face is damp, apply Moisturizer ______________________ in an upward motion. Wait 10 minutes then reapply to dry side of face and trouble areas. Let dry for 15-25 minutes. Apply sunblock or make-up (in that order) if you normally do.
3. Optional: Sunscreen _____________________, Always apply twice (letting dry between layers? in a downward motion (including top of ears and hands). Let dry; apply make-up over or nothing at all.
4. Seal your face, stop dehydration, and protect from pollution with Formula 4. You do not need a clean face with Formula 4 and you can touch up over makeup throughout the day. Apply last or under sunblock and/or makeup. It is a great foundation for makeup.
5. Whenever you shower during the day (like at the gym). Repeat step #2 & #4.

**Early Evening:**
6. Clean face (Step #1) and apply moisturizer______________________ twice, drying between layers.

**Nighttime:**
7. Clean face (Step #1). You need to apply ______ times with 15-20 minutes between layers. Use Formula________________________. Remember to treat dry side a second time and use Formula_______________________on trouble areas an extra time.
8. **As a Facial Treatment:** Formula__________________________
   Clean face (Step #1). You need to have a day without makeup to do this treatment. Apply a thin coat ______ times per day and ______ times before bedtime. (Allow an hour) While you sleep, your cells repair and regenerate. Formula_______ gives your cells extra power to rejuvenate.
9. **Alternative Moisturizer:** Formula:_________________________
   Use 4-5 times per month. Apply upward ______ times. Requires a clean face. This is your “change off” moisturizer. How to vary your Formulas is up to you. Some people do one day/week and some do two days in a row/twice a month.
10. When applying your moisturizer, it's helpful to do your dry side of the face an extra time along with any trouble areas.

We all need extra water, not soda, coffee or tea. Two extra glasses (10oz.) of water per day. Some of us don’t, just so we don’t have to use the restroom too often. Use the restroom! Your skin needs clean pure water. Nothing ages the skin like dehydration. And remember, sugar is your skin’s worst enemy.

I hope this had been helpful. It's my goal for gals who care about their skin to have the most beautiful skin possible.