

BEAUTYBIO

TAKE THE #R45DAYCHALLENGE

Join us during our biggest event of the year as we take the #R45DAYCHALLENGE transforming our skin together in just 45 days. Get ready for a healthy, smooth, and radiant complexion for makeup optional skin.



Apply 1 pump of A + 1 pump of B at night after cleansing.



Take a break from your other nighttime serums while using R45.



Apply a daily SPF 30 or higher in the morning to protect skin.



For some skin types, R45 will be enough moisture and can replace your nighttime cream. Drier skin types should continue applying moisturizer.



You know your skin best. If you need to skip a day, go for it!



Tag us @beautybio & #R45DayChallenge



TRANSFORM YOUR SKIN IN JUST 45 DAYS

Start with Day 1, ✓ it off as you go



TAKE A PIC BEFORE PICTURE

PHASE 1

1 2 3 4 5
6 7 8 9 10

11 12 13 14 15

PHASE 2



TAKE A PIC OF YOUR PROGRESS

16 17 18 19 20

21 22 23 24 25

26 27 28 29 30

PHASE 3



TAKE A PIC OF YOUR PROGRESS

31 32 33 34 35

36 37 38 39 40

41 42 43 44 45



TAKE A PIC OF YOUR RESULTS!

GET THE MOST OUT OF YOUR BOOST

1 Snap a pic before starting. You're in for some amazing Before & After photos.

2 Download the tracker and keep tabs on your progress.

3 Follow us @beautybio for more #R45DayChallenge tips and updates.