## SKIN CYCLING: THE 4-NIGHT ROUTINE EXPLAINED

Night 1 Exfoliation



Clear away dead skin cells

Paula's Choice 2% BHA

Dermatologists
prefer gentle
chemical exfoliants
over harsh scrubs.

Night 2 – Retinol



Boost cell turnover and target fine lines

CeraVe Resurfacing Retinol Serum

After targeting, start with a gentle retinol if you're new to repair the skin Night 3 – Recovery

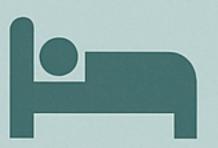


Focus on hydration and barrier repair

CeraVe Moisturizing Cream

Skip actives. Focus on hydration and barrier repair with a nourishing cream.

Night 4 – Recovery



Keep skin calm and nourished before restarting cycle

RNW Der.
Concentrate
Ceramide Ampoule

Another rest day to calm and strengthen skin before restarting the cycle.

## **DAYTIME RULE - ALWAYS SUNSCREEN**

PROTECTS YOUR SKIN BARRIER AND ENSURES ALL THE BENEFITS FROM EXFOLIATION AND RETINOL LAST.