

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.