

## 302 PROFESSIONAL SKINCARE

# AFTER 30

### HOW TO USE

Follow these guidelines for optimum program results:

#### KEY PRODUCTS:

- 302 DROPS
- RETINOL 0.5 DROPS or RETINOL 1.0 DROPS

RETINOL 0.5 DROPS - Moderate retinol concentration for more sensitive skin

RETINOL 1.0 DROPS - Higher retinol concentration for optimal effect

Set aside all other products - sunscreens, moisturizers, serums, lotions, makeup, cleansers and begin your transition to skin free from skincare product effects. We want a clean slate. This will take a few weeks of cleansing only.

Often times allergies, oral medications, chronic inflammation, and other factors need special attention before aging issues can be addressed satisfactorily. Consult our GUIDANCE if you have skin issues or would like further clarification.

Begin with two cleansers. We recommend ARRIVE and PURITY for most. Use one of these 1x per day, alternate days. You may also use these unique cleansers as leave-ons. See their individual product pages for more information. Apply no other products.

After 10-14 days, introduce RETINOL DROPS. Apply 2x per week, evenings. Use ARRIVE to spread more evenly.

Apply nothing else. Exception: ARRIVE may be used as an anytime leave-on.

Do this for 1 month. Then set RETINOL DROPS aside.

Introduce 302 DROPS. Apply 3x per week for one month. Use ARRIVE to spread more evenly.

Introduce a third cleanser - see CLEANSERS at our website to choose, do this any time after you begin 302 DROPS. Different cleansers, different days.

After 1 month of applying 302 DROPS, set aside and return to RETINOL DROPS - 2x per week. Maintain cleansing routine of alternating cleansers.

Continue to alternate months between these two key products.

ARRIVE is your go-to cleanser/moisturizer. PURITY along with another 302 brand cleanser either recommended or that you prefer will give you three cleansers to rotate through during the week which will ensure a low probability of inflammation. ARRIVE will provide the best balance overall and could be your 3x or even 4x per week cleanser choice.

If you experience dryness or any other difficulty, or have questions at any time, contact GUIDANCE.