



Serene Home Care Instructions

Home care is essential for successful results in changing your skin's appearance and improving conditions such as acne, hyperpigmentation, and wrinkles or otherwise signs of aging. This information is to help you use the Serene products you have purchased in the correct and most efficient way possible to maximize those results you are striving for. With proper daily use you will begin to see results as soon as 4-6 weeks. You may notice products listed that you do not have, this is because everyone's skin is different and deserves individual treatment plans, this is a just a guideline to help everyone in general; simply use what you have! If you have any questions or concerns, please do not hesitate to call your esthetician, we want to help you achieve your goals and are here for you!

- Step One: **Cleanse.** Apply about a pea-sized amount to skin in gentle circular motions on face and decollete. Rinse with warm water or with a warm wash cloth. You can use the cleanser in three ways: dry hands and dry face for optimal penetration of product into the skin, wet hands and dry face for some dilution in the event you need to build up a tolerance to the product and lastly with wet hands and wet face for sensitive skin which needs extra time to build that tolerance. All cleansers except the Sensitive Facial Cleanser have been designed with active ingredients that will be delivered to the layer of skin required for best results. You can also leave it on for up to a few minutes to get a deeper cleansing and let the resurfacing ingredients penetrate better and also keep in mind it will not lather without a bit of water.
- Step Two: **Mask.** Apply just enough to cover the skin in a thin transparent layer to completely dry skin. You will notice darker and lighter areas once applied, this is normal, the clays in the mask that do this naturally. If you use enough mask to create a totally green layer, you have wasted product, and you are not getting the most out of your purchase. Let it sit on skin up to 20 minutes. Remove with a warm wash cloth. Repeat up to twice weekly for best results. **If using the Healing Mask, especially at bed-time, you may do step 2 last by applying the mask after toner or astringent and your serums, the mask can then be left on overnight as your moisturizer for best barrier protection and to seal the the products into your skin and avoid evaporation of water.
- Step Three: **Tone or use astringent.** Apply to cotton round and sweep across face and decollete, avoid getting into the eyes. This step is to provide balance with the Facial Toner or deliver active ingredients to freshly cleansed skin with astringents. This step is essential for the rebuilding of the protective layer that your skin naturally makes to keep out harmful bacteria and other hazards attacking your skin as well as resurfacing when AHA is an active ingredient. Allow to air dry.
- Step Four: **Treat.** Serums and creams are used after toning so they penetrate farther into the skin. Drop a small amount onto fingertips and apply to area being treated. If you have more than one serum apply in this order: Skin Recovery Serum is first except for the skin lightening serums, Hyaluronic Acid next, then Vitamin C last. Apply your serums before the creams. As with the serums, if you have more than one, they are best used in this order: eye creams first, then Vitamin A Emollient or AHA 2 Eye Cream, if using all over face, then Ageless Peptide, any others are last. Let air dry between serums and creams. You may use creams as your moisturizer.
- Step Five: **Moisturize.** Apply a small amount to fingertips, dot the skin being treated to get even coverage then smooth over the area to allow for absorption. This step seals in all the other products and keeps them and water from evaporating from the skin.