

Anti-Aging System I For Dry/Combination Skin Types

Ideal for maintaining overall skin health and also for the treatment of photoaged skin. Old skin cells are more rapidly replaced by new healthy cells, allowing for improved texture, moisture retention, and tone.

System Instructions

Morning Regimen

- 1 Cleanse:** Using a small amount of Buffing Grains, cleanse face with circular motions. Rinse well. Mix with Vivant's Cleansing Milk for a gentler, moisturizing treatment.
- 2 Tone:** Pour Normalizing Tonic onto cotton and lightly cleanse affected areas. Allow to fully dry before next step.
- 3 Protect & Moisturize:** Use Day Treatment Lotion with SPF-15. If skin becomes too dry or anticipate exposure to the sun, apply a small amount. Makes an excellent makeup base.

Evening Regimen

- 1 Cleanse:** Using a small amount of Buffing Grains, cleanse face with circular motions. Rinse well. Mix with Vivant's Cleansing Milk for a gentler, moisturizing treatment.
- 2 Tone:** Pour Normalizing Tonic onto cotton and lightly cleanse affected areas. Allow to fully dry before next step.
- 3 Cell Rejuvenation:** Apply a dime size amount of Derm-A-Gel to the face, chest, or back. **Do not rinse or wash off.** Slight redness and flaking is normal. If skin becomes irritated, skip a day or two before applying again. Increase treatments gradually, as skin adjusts. Once skin is acclimated to Derm-A-Gel, use it up to twice daily by adding it to your morning regime.

Using Vitamin A Treatments for Specific Skin Types

Normal or Combination Skin: Begin treatments every other night during the first week. Increase the treatments gradually to twice daily.

Dry Skin: Begin treatments once every third night during the first week, and every other night for the second week. Gradually increase treatments to twice daily.

Oily Skin: Begin treatments every night for the first week. Increase treatments to twice daily during the second week and thereafter.