

# Rise and Shine **Morning** Home Product Routine

<p><b>Step 1 – Buff (exfoliate)</b></p> <p>Daily <b>OR</b> _____ x per week: Purely Buffed          Daily <b>OR</b> _____ x per week: Buffed Head to Toe</p>	<p><b>Directions:</b></p> <p>Start on dry-damp skin, use a pea/dime size drop, <b>scrub 2 to 3 minutes</b>, rinse OR add cleanser.</p>
<p><b>Step 2 - Clean (cleanser)</b></p> <p>Daily <b>OR</b> _____ x per week: Powerfully Clean          Daily <b>OR</b> _____ x per week: Quietly Clean          Daily <b>OR</b> _____ x per week: Sparkly Clean          Daily <b>OR</b> _____ x per week: Squeaky Clean</p> <p>Daily <b>OR</b> _____ x per week: <b>***ICING</b></p>	<p>Apply a small pea/dime size amount with fingertips and massage over skin for 2 minutes in circular motion with gentle, light strokes. Rinse thoroughly.</p> <p><b>*** Important</b> for acne clients – see detailed directions on other sheet.</p>
<p><b>Step 3 – Skinergizers (toner)</b></p> <p>Daily <b>OR</b> _____ x per week: Skinergizer Strengthener          Daily <b>OR</b> _____ x per week: Skinergizer Terminator</p>	<p>- <i>beginning with Step 3 all products are applied in layers and not removed or rinsed off.</i></p> <p>Apply liberally with cotton ball or pad to entire face and neck</p>
<p><b>Step 4 – Me’s (boosters)</b></p> <p>Daily <b>OR</b> _____ x per week: Pores No More <b>**</b>          Daily <b>OR</b> _____ x per week: Resurface Me <b>**</b>          Daily <b>OR</b> _____ x per week: Illuminate Me          Daily <b>OR</b> _____ x per week: Rescue Me          Daily <b>OR</b> _____ x per week: Rapid Rebuild Me          Daily <b>OR</b> _____ x per week: Hydration Boost Me          Daily <b>OR</b> _____ x per week: Blemish Arrest Me          Daily <b>OR</b> _____ x per week: Lerosett Mask</p> <p><b>Body: Chest, shoulders, back and sides of arms</b></p> <p>Daily <b>OR</b> _____ x per week: Blemish Arrest Me          Daily <b>OR</b> _____ x per week: Resurface Head to Toe*</p>	<p><b>** Start slowly with these products using 1 to 3 times per week as directed. INCREASING to 7 times per week as skin allows.</b></p> <p><b>Pores No More:</b> dip a clean q-tip in the bottle remove excess – should be moist but not dripping, apply a THIN layer EVENLY to face and neck. <b>NEVER</b> spot treat with this product.</p> <p><b>Resurface Me:</b> use 1 to 2 pumps on finger tips and apply a THIN layer EVENLY to face and neck. <b>NEVER</b> spot treat with this product.</p> <p><b>Illuminate Me:</b> if possible wait 10 minutes before applying other products.</p> <p><b>Blemish Arrest Me:</b> apply a pea/dime size drop to entire face. Spot treat with dab of product to tip of breakout. <u>Be aware</u> that this product will bleach fabrics.</p> <p><b>Other Me’s Products:</b> apply 1 to 4 drops to entire face, neck, and if desired chest area.</p> <p><b>Lerosett Mask:</b> Follow directions on package.</p> <p><b>*Resurface Head to Toe:</b> apply a pea to dime size amount to effected body areas. <b>NEVER</b> use on the face.</p>
<p><b>Step 5 – Eyes</b></p> <p>Daily <b>OR</b> _____ x per week: Mega Moist Eye          Daily <b>OR</b> _____ x per week: Wrinkle Rescue Eye</p>	<p><b>Eye creams:</b> use a small dab and pat under and on sides of eye area as needed.</p>
<p><b>Step 5 – Hydration (moisturizers)</b></p> <p>Daily <b>OR</b> _____ x per week: Sip of Hydration          Daily <b>OR</b> _____ x per week: Squeeze of Hydration          Daily <b>OR</b> _____ x per week: Surge of Hydration</p>	<p>Apply a pea/dime sized amount in a thin layer to face and neck and gently massage until absorbed.</p>
<p><b>Step 6 – Protection (internal and external)</b></p> <p>Daily <b>OR</b> _____ x per week: Sunscreen          Daily <b>OR</b> _____ x per week: Supplements</p>	<p><b>Sunscreen:</b> apply thin layer to entire face and neck. Pat into skin, don’t rub too much. NEVER MISS! Available in cream (Rocky Mountain) and gel (Shiney Sun Shield).</p> <p><b>Supplements:</b> Juice Plus +, probiotics, enzyme, multi vitamin, Natures Secret Super Cleanse, and EFA (<a href="http://crystalrigby.juiceplus.com">crystalrigby.juiceplus.com</a>)</p>

## Special Instructions:

- **DO NOT** use Resurface Me, Pores No More, Purely Buffed, and Blemish Arrest Me for 3 to 7 days after treatments. Any aggressive products should be avoided.
- **Avoid eye area** when using all products not designed for eye area.
- If you have any questions please call us at 801.498.7873 or email Crystal at [www.crystalskinproducts.com](http://www.crystalskinproducts.com)
- **\*\*\*CAUTION: over use of these products or spot treating can burn and damage skin.**

# Sleep Tight **Nighttime** Home Product Routine

<b>Step 1 – Buff (exfoliate)</b> Daily <b>OR</b> _____ x per week: Purely Buffed	<b>Directions:</b> Start on dry-damp skin, use a pea/dime size drop, <b>scrub 2 to 3 minutes</b> , rinse OR add cleanser.
<b>Step 2 - Clean (cleanser)</b> Daily <b>OR</b> _____ x per week: Powerfully Clean Daily <b>OR</b> _____ x per week: Quietly Clean Daily <b>OR</b> _____ x per week: Sparkly Clean Daily <b>OR</b> _____ x per week: Squeaky Clean Daily <b>OR</b> _____ x per week: <b>*ICING</b>	Apply a small pea/dime size amount with fingertips and massage over skin for 2 minutes in circular motion with gentle, light strokes. Rinse thoroughly.  <b>* Important</b> for acne clients – see detailed directions on other sheet.
<b>Step 3 – Skinergizers (toner)</b> Daily <b>OR</b> _____ x per week: Skinergizer Strengthener Daily <b>OR</b> _____ x per week: Skinergizer Terminator	<i>- beginning with Step 3 all products are applied in layers and not removed or rinsed.</i>  Apply liberally with cotton ball or pad to entire face and neck
<b>Step 4 – Me’s (boosters)</b> Daily <b>OR</b> _____ x per week: Pores No More * Daily <b>OR</b> _____ x per week: Resurface Me * Daily <b>OR</b> _____ x per week: Illuminate Me Daily <b>OR</b> _____ x per week: Rescue Me Daily <b>OR</b> _____ x per week: Rapid Rebuild Me Daily <b>OR</b> _____ x per week: Blemish Arrest Me Daily <b>OR</b> _____ x per week: Hydration Boost Me	<b>* Start slowly with these products using 1 to 3 times per week as directed. INCREASING to 7 times per week as skin allows.</b> <b><i>WARNING: over use of product or spot treating can burn and damage skin.</i></b> <b>Pores No More:</b> dip clean q-tip in bottle remove excess – should be moist but not dripping apply a THIN layer EVENLY to face and neck. NEVER spot treat with this product. <b>Resurface Me:</b> use 1 to 2 pumps on finger tips and apply a thin layer EVENLY to face and neck. NEVER spot treat with this product. <b>Illuminate Me:</b> if possible wait 10 minutes before applying other products. <b>Blemish Arrest Me:</b> apply a pea/dime size drop to entire face. Spot treat with dab of product to tip of breakout. <u>Be aware</u> that this product will bleach fabrics. <b>Other Me’s Products:</b> apply 1 to 4 drops to entire face, neck, and if desired chest area.
<b>Step 5 – Eyes</b> Daily <b>OR</b> _____ x per week: Mega Moist Eye Daily <b>OR</b> _____ x per week: Wrinkle Rescue Eye	<b>Eye creams:</b> use a small dab and pat under and on sides of eye area as needed.
<b>Step 5 – Hydration (moisturizers)</b> Daily <b>OR</b> _____ x per week: Sip of Hydration Daily <b>OR</b> _____ x per week: Squeeze of Hydration Daily <b>OR</b> _____ x per week: Surge of Hydration	Apply a pea/dime sized amount in a thin layer to face and neck and gently massage until absorbed.
<b>Step 6 – Protection (internal and external)</b> Daily <b>OR</b> _____ x per week: Supplements	<b>Supplements:</b> Juice Plus or a probiotic, enzyme, multi vitamin, Natures Secret Super Cleanse, and EFA( <a href="http://Juiceplus.com/+cr65349">Juiceplus.com/+cr65349</a> )

**Special Instructions:** \_\_\_\_\_

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