



Morning (AM) Routine

Step 1.
Use the Salicylic Acid Cleanser



CeraVe
Acne Control Cleanser
(Oily – Blemish-Prone Skin)



Take a clean towel
and pat the skin dry

Step 2.
Apply Sunscreen



Examples:
CeraVe AM Ultra Light
Moisturizing Lotion SPF 30
(Normal to Oily)
or
NIOD Survival 30
(All Skin Types – Mineral – Natural Tint)

SA Cleanser: Dispense a coin-sized amount of cleanser onto the palm of your hand and apply it to wet skin, allowing the cleanser to spread evenly and absorb it better. Gently massage the cleanser into the skin all over the face for about 30–60 seconds. Rinse and pat dry.

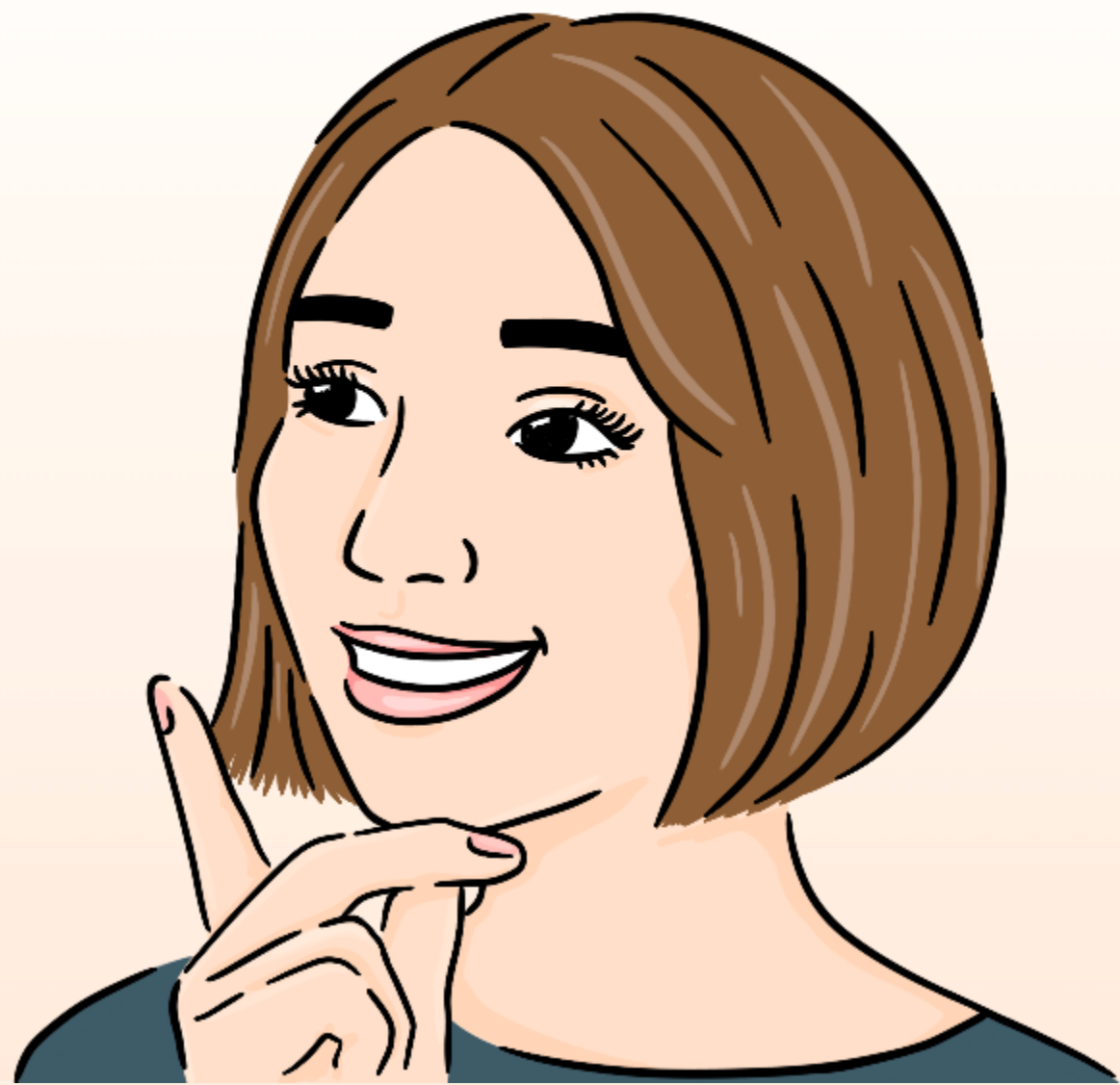
Sunscreen: Take about half a teaspoon of sunscreen and spread it evenly over the face and neck. If you want to include your décolletage, use about 1 teaspoon. Do not rinse.

Additional Notes: Always carefully read the specifications and directions on individual product labels. Choose products that are formulated or better suited for your skin type and needs.

Eyelids/Eye Area: Carefully read individual product labels for instructions or a warning about using the product in the eye area. If there is no special indication, it is likely safe to use.

Frequency Salicylic Acid Cleanser: How often you use your SA Cleanser will depend on how well your skin tolerates it. Begin with 2–3 times per week. Then, as the skin builds tolerance, increase to every other day or daily as needed (and tolerated).

OR





Evening (PM) Routine

Step 1.
Use the Salicylic Acid Cleanser



Hada Labo
Gokujyun Cleansing Oil
(All Skin Types)
or
The Ordinary Squalane Cleanser
(All Skin Types)
or
CeraVe
Acne Control Cleanser
(Oily – Blemish-Prone Skin)



Take a clean towel
and pat the skin dry

(Optional) Step 2.
Apply Moisturizer



Examples:
CeraVe PM
Facial Moisturizing Lotion
(Normal to Oily)
or
The Ordinary
Natural Moisturizing Factors + HA
(All Skin Types)

Double Cleansing (PM only) with Oil or Balm: If you use waterproof makeup or mineral sunscreen, use a cleansing oil or balm as the first step. Pour a coin-sized amount of oil or balm cleanser onto your palm then apply it to dry skin or on top of your sunscreen or makeup. (**NOTE:** For the cleansing balm, rub hands together for about 30 seconds to warm the product, allowing it to melt into an oil.) Gently massage the cleanser into the face and neck — including around the eyes — for about 30–60 seconds or 2 minutes for difficult-to-remove sunscreen or makeup. Rinse and leave the skin wet, following it up with your regular cleanser.

SA Cleanser: Dispense a coin-sized amount of cleanser onto the palm of your hand and apply it to wet skin, allowing the cleanser to spread evenly and absorb it better.

Gently massage the cleanser into the skin all over the face for about 30–60 seconds. Rinse and pat dry.

Moisturizer: Dispense a pea- to a bean-sized amount of moisturizer onto your fingertips, then apply it all over your face and neck. Do not rinse.

Additional Notes: Always carefully read the specifications and directions on individual product labels. Choose products that are formulated or better suited for your skin type and needs.

Eyelids/Eye Area: Carefully read individual product labels for instructions or a warning about using the product in the eye area. If there is no special indication, it is likely safe to use.

Frequency Salicylic Acid Cleanser: How often you use your SA Cleanser will depend on how well your skin tolerates it.

Begin with 2–3 times per week. Then, as the skin builds tolerance, increase to every other day or daily as needed (and tolerated).