



Luxury Collection Regimen

For daily use RenuDerma has developed combination of products which work in synergy and give your skin most benefits. We will walk you through simple daily steps to learn how to achieve visible results and maintain beautiful, younger looking skin

Morning Routine

- While asleep your skin wasn't exposed to sun light or harmful pollution. In the morning it will require gentle cleanse and hydration only.
- Start your morning by cleansing your face and neck with **Cream Based Cleanser**. Splash your face with refreshing cool water and towel dry gently.
- To complete you will cleanse with refreshing the **Toner** to seal pores.
- Next step is to moisturize and protect your skin. Apply **Rich Moisturizer** to your face, neck and décolleté area.
- Apply **Eye Cream** with patting motion on crow's feet, followed by circular motion. You can use eye cream on top of your lip, forehead or areas with most signs of aging.
- To protect your skin from sun damage and pollution RenuDerma created the **Day Cream SPF 15**. There is no need to use an extra foundation, our Day Cream gives you a perfect glow as it has a built in tint.

Evening Routine

Our 5 minute evening routine will help your skin to restore day damage and will prevent from aging and rejuvenate while you are asleep.

- Cleanse your face with our **Gel Cleanser**. Gently massage your face in a circular motion to remove make up and pollution to purify and refresh your pores.
- Rinse your face with water and apply the **Rich Moisturizer** on a clean hydrated face. We recommend to alternate **Moisturizer** and **Vitamin C Serum** every other day.
- Followed by **Eye Cream** to finish you evening regimen.

Dermatologists recommended. To avoid puffy eye effect, apply all your creams one hour before bed time.

Recommendations

To receive the most benefit from our Anti-Aging Collection, we recommend using the **3-in-1 Deep Exfoliating Mask** once a month for dry skin and once a week for oily and normal skin types. This award winning mask will resurface your skin, remove dead cells and clean and open clogged pores. After this facial, your skin will be able to receive all benefits and will absorb more natural ingredient.

To see instructional video please visit www.renuderma.com

Please remember best results can be achieved by using our creams, cleansers and masks regularly.



Spa Collection Regimen

To achieve great results we recommend to use our 3-in-1 Mask after hot shower when your skin is moist and pores are open.

Start your **Morning Routine** by cleansing your face with our [Anti-Aging Cleanser](#).

Use a cosmetic cotton pad to gently cleanse your face in an upward motion. Leave cleanser on your face for 2-3 minutes and rinse off with warm water.

Apply [Wrinkle Repair Moisturizer](#) followed by [Wrinkle Repair Eye Cream](#).

Regimen

- Apply [3-in-1 Mask](#) on your face in a thick layer – avoid contact with eyes. Leave mask on for 10-15 minutes. If your skin gets too tight we recommend refreshing your mask - Just wet your hands in warm water and gently massage your face, refreshing surface of your mask.
- Next step is exfoliating. We recommend to use just a portion of your [exfoliating powder](#). Arrange exfoliating powder at an easy to reach place, by your right hand, wet your hands in a warm water and refresh surface of your mask.
- Wet your hands again and dip your fingertips in exfoliating powder, begin to massage and exfoliate your face in circular motion. Target T-zone, oily and dull spots. Pay extra attention to your nose and chin.
- Continue exfoliation for a 5 to 8 minutes.
- Wash your face with warm water until all elements are removed.
- Finish by splashing your face with cold water.
- Apply [balansin toner](#) to restore PH balance and to seal pores.
- Apply [Rich Moisturizer](#) on a clean, dry face.

Slight, temporary redness may occur.

Attention! Do not exfoliate on dry face, wet your mask often while exfoliating.



Dry Skin Collection Regimen

For Dry Skin or Anti-Aging, our RenuDerma expert recommends the following regimen:

Regimen

- Start your morning by rinsing your face with cool water.
- Apply [rich moisturizer](#) and [eye cream](#). Followed with you favorite make up routine.
- In the evening, cleanse your face with [Cream Based Cleanser](#).
- Leave on for 2-3 minutes and rinse with water.
- Apply [Vitamin C Serum](#) to your face and neck finishing with application of [eye cream](#).



Anti-Aging Regimen

For Anti-Aging Prevention, our RenuDerma Expert recommends the following regimen:

Start your **Morning Routine** by cleansing your face with [Anti-Aging Cleanser](#).

Use cosmetic cotton pad to gently cleanse your face in upward motion. Leave the cleanser on your face for 2-3 minutes and rinse off with warm water.

Apply [Wrinkle Repair Moisturizer](#) followed by [Wrinkle Repair Eye Cream](#).

Recommendation #1:

To prevent your skin from sun damage and harmful pollution, we recommend using the day cream. Our custom made [Day Cream](#) has a build-in tint and SPF 15.

For your **Evening Routine** remove make up and cleanse your face using the [Anti Aging Cleanser](#). Continue cleansing your face with the [Hydrating Toner](#). Avoid eye area. Apply [Wrinkle Repair Moisturizer](#) followed with [Wrinkle Repair Eye Cream](#).

To avoid puffy eyes our RenuDerma expert recommends applying eye cream one hour prior bedtime.

Recommendation #2:

To receive the most benefit from our anti-aging collection, we recommend using the [3-in-1 Deep Exfoliating Mask](#) once a month..

This award winning mask will resurface your skin, remove dead cells and clean and open clogged pores. After this facial, your skin will be able to receive all benefits and will absorb more natural ingredients.

Please remember best results can be achieved by using our creams and cleansers regularly.



Oily Skin Collection Regimen

For Oily Skin, our RenuDerma expert recommends the following regimen:

Regimen

- Start your morning with **Toner**. Cleanse your face gently and pat dry.
- Apply **Moisturizer** and follow with under **Eye Cream**.
- Finish your day by washing your face with our **Gel Cleanser**.
- Hydrate and Moisturize with **Moisturizer** and apply **Eye Cream**.
- Exfoliate your face once a week using our **Deep Cleansing Mask**.

Recommendation

- For teenager skin types, eye cream can be excluded from regimen.