

# WEEKLY SKIN CARE ROUTINE

AM

<b>STEP 1</b>		<b>EXFOLIATE</b>
[DAILY]	[____/WEEK]	Acne Scrub
[DAILY]	[____/WEEK]	Purifying Scrub
[DAILY]	[____/WEEK]	Skin Renewing Polish
[DAILY]	[____/WEEK]	Other _____
<b>STEP 2</b>		<b>CLEANSE</b>
[DAILY]	[____/WEEK]	Brightening Cleanser
[DAILY]	[____/WEEK]	Calming Cleanser
[DAILY]	[____/WEEK]	Clarifying Wash
[DAILY]	[____/WEEK]	Power Cleanser
[DAILY]	[____/WEEK]	Soothing Wash
[DAILY]	[____/WEEK]	Eye Makeup Remover
[DAILY]	[____/WEEK]	Other _____
<b>STEP 3</b>		<b>CORRECT</b>
[DAILY]	[____/WEEK]	Oil-Control Toner
[DAILY]	[____/WEEK]	Lavender Facial Tonic
[DAILY]	[____/WEEK]	Rose Facial Tonic
[DAILY]	[____/WEEK]	Skin Refining Serum _____
[DAILY]	[____/WEEK]	Beauty A-Peel™ _____
[DAILY]	[____/WEEK]	Other _____
<b>STEP 4</b>		<b>NOURISH</b>
[DAILY]	[____/WEEK]	C-Beautiful™
[DAILY]	[____/WEEK]	Beautifully Firm™
[DAILY]	[____/WEEK]	EGF Cream OR Serum
[DAILY]	[____/WEEK]	Other _____
<b>STEP 5</b>		<b>EYE CARE</b>
[DAILY]	[____/WEEK]	Ageless Eye Serum
[DAILY]	[____/WEEK]	Lighten Up Eye Repair
[DAILY]	[____/WEEK]	Youthful Eye Cream
[DAILY]	[____/WEEK]	Other _____
<b>STEP 6</b>		<b>HYDRATE</b>
[DAILY]	[____/WEEK]	Lemongrass Hydrator
[DAILY]	[____/WEEK]	Rose Hydrator
[DAILY]	[____/WEEK]	Hydration Boost
[DAILY]	[____/WEEK]	Intense Moisture Complex
[DAILY]	[____/WEEK]	Moisture Balancing Lotion
[DAILY]	[____/WEEK]	Other _____
<b>STEP 7</b>		<b>PROTECT</b>
[DAILY]	[____/WEEK]	Primer _____
[DAILY]	[____/WEEK]	Spritzer _____
[DAILY]	[____/WEEK]	Rocky Mountain Sunscreen
[DAILY]	[____/WEEK]	Sunforgettable
[DAILY]	[____/WEEK]	Other _____

If you have any questions please call us at 801.261.3019  
or email us at [customerservice@cherylinc.com](mailto:customerservice@cherylinc.com)

**Special Instructions:**

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# WEEKLY SKIN CARE ROUTINE

PM

<b>STEP 1</b>		<b>CLEANSE</b>
	[DAILY] [____]/WEEK	Brightening Cleanser
	[DAILY] [____]/WEEK	Calming Cleanser
	[DAILY] [____]/WEEK	Clarifying Wash
	[DAILY] [____]/WEEK	Power Cleanser
	[DAILY] [____]/WEEK	Soothing Wash
	[DAILY] [____]/WEEK	Eye Makeup Remover
	[DAILY] [____]/WEEK	Other _____
<b>STEP 2</b>	[DAILY] [____]/WEEK	<b>ICING</b> Wrap an ice cube in paper towel leaving one side exposed. Rub exposed ice over entire face for 30 seconds or, until ice cube is completely melted. This aids in reducing inflammation and assists in product penetration
<b>STEP 3</b>		<b>CORRECT</b>
	[DAILY] [____]/WEEK	Oil-Control Toner
	[DAILY] [____]/WEEK	Lavendar Facial Tonic
	[DAILY] [____]/WEEK	Rose Facial Tonic
	[DAILY] [____]/WEEK	Lerose Mask
	[DAILY] [____]/WEEK	Super Lightener
	[DAILY] [____]/WEEK	Beauty A-Peel™ _____
	[DAILY] [____]/WEEK	Clear Defense™ _____
	[DAILY] [____]/WEEK	Other _____
<b>STEP 4</b>		<b>NOURISH</b>
	[DAILY] [____]/WEEK	Revitalizing Mask
	[DAILY] [____]/WEEK	C-Beautiful™
	[DAILY] [____]/WEEK	Beautifully Firm™
	[DAILY] [____]/WEEK	EGF Cream OR Serum
	[DAILY] [____]/WEEK	Other _____
<b>STEP 5</b>		<b>EYE CARE</b>
	[DAILY] [____]/WEEK	Ageless Eye Serum
	[DAILY] [____]/WEEK	Lighten Up Eye Repair
	[DAILY] [____]/WEEK	Youthful Eye Cream
	[DAILY] [____]/WEEK	Other _____
<b>STEP 6</b>		<b>HYDRATE</b>
	[DAILY] [____]/WEEK	Lemongrass Hydrator
	[DAILY] [____]/WEEK	Rose Hydrator
	[DAILY] [____]/WEEK	Hydration Boost™
	[DAILY] [____]/WEEK	Intense Moisture Complex™
	[DAILY] [____]/WEEK	Moisture Balancing Lotion
	[DAILY] [____]/WEEK	Other _____

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