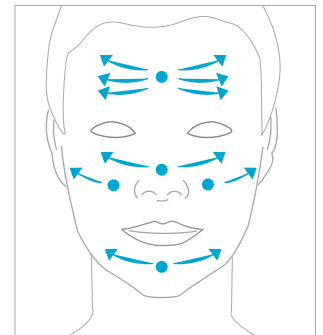


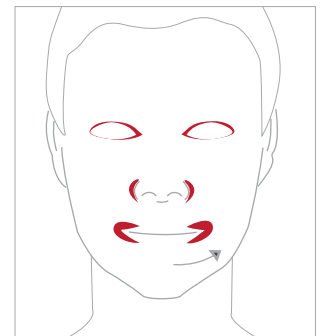
<h3>Skin Rebirth System</h3>	Patient Name _____
Notes 	

1. Read This First

- Follow the recommended dosage carefully. Each treatment bottle (PureLight, LiftOff & NightLight) **should last you approximately 6 to 8 weeks** during the initial treatment stage. If there are balance products remaining after 8 weeks, it means you may not be using sufficient creams and desired results may not show.
- Apply sunblock at least twice a day.** Once in the morning, 30 minutes before heading out, and once more during lunch time. Apply a generous amount and re-apply under continuous sun exposure.
- Reactions like exfoliation, redness, itchiness, peeling may occur which is normal.** Reactions will subside once skin tolerance increases.
- Once you begin the program, **use creams consistently.** Results will be less than expected if you use it irregularly or by stopping prematurely.
- Switch to a maintenance program after 6-9 months** to prevent skin tolerance from building up. Use PureLight/NightLight on alternate days to prevent pigmentation from returning during the maintenance phase.
- Do not mix with any other creams** not listed on this sheet. Mixing with other brands or creams may cause skin irritation and other adverse reactions.
- Avoid application of treatment creams on the areas illustrated on the right.**



✓ **DO** dot the creams and spread outwards evenly and pat in.



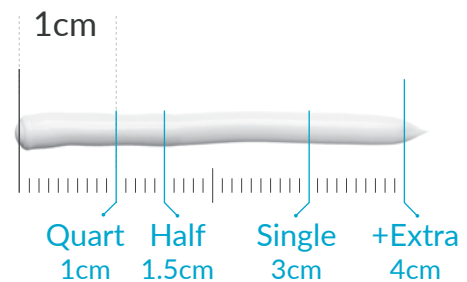
✗ **AVOID** eye area, sides of nose, mouth and sensitive areas.

2. What is the correct amount to use?

Method 1 - US Quarter Coin

Method 2 - Metric Ruler (Asia)

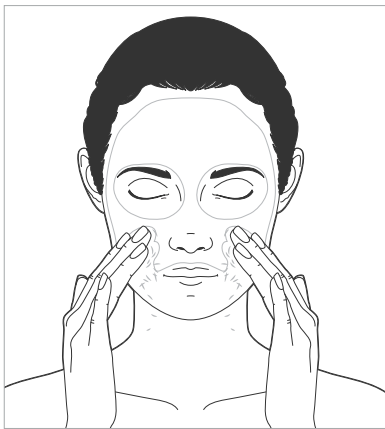
Single Dosage	Half Dosage	Quart Dosage
		
		
Slightly less than 1 Inch	Slightly less than 0.5 Inch	Slightly less than 0.25 Inch



Sensitive Skin
Normal Skin
Intense Program

Quart to Half Dose
Single Dose
Extra Dose

3. How to apply the products



How to cleanse your face

1. Squeeze a little cleanser onto hands and lather with both hands.
2. Apply lather onto face in a circular motion and cover the face.
3. Cleanse your neck with an upward stroking motion.
4. Rinse off with lukewarm water and gently pat dry.

How to apply toner to your face

1. Apply toner to a facial cotton pad.
2. Gently apply pad to the face in outward stroking manner.
3. Flip the pad and repeat the process for your neck.
4. Do not rinse off and avoid applying toner with your fingers.



How to apply serum/treatment cream/sun protection to your face

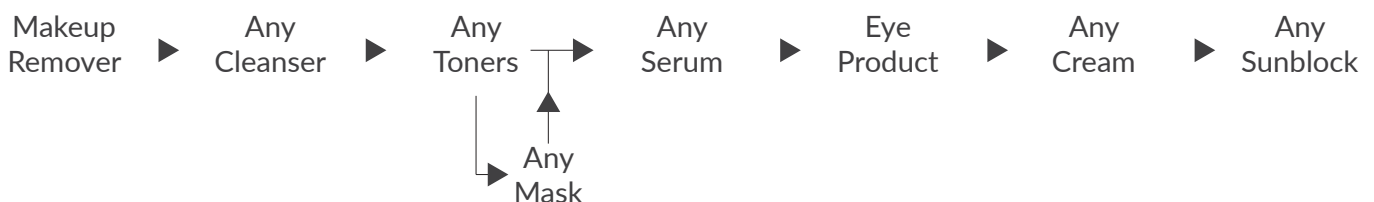
1. Squeeze correct dose onto your left palm.
2. Use fingers to apply onto your forehead, cheeks, nose and chin.
3. Use both hands to evenly cover your whole face.
4. Gently pat in for maximum absorption, do not rub the creams in.
5. Apply the balance cream onto your neck and on problem areas.
6. Wait a few minutes before applying the next cream.














How to apply eye creams/eye serums

1. Squeeze a small coin size onto left palm.
2. Use ring (fourth) finger to apply under and over eye contour area.
3. Gently pat in until fully absorbed, reapply on problem areas.

4. What sequence should I apply the products?



Skin Rebirth System		Intensive Program		For normal, mature and oily skin types	
Products used in this program					
 Item [1] C-Cleanse Daily Cleanser		 Item [2] Soothing Splash pH Balancing Toner		 Item [3] PureLight Skin Brightener	
		 Item [4] LiftOff Skin Exfoliant		 Item [5] NightLight Whitening/Rejuvenation	
		 Retinol Enhancer Blend with NightLight for a stronger program			
 Sunblock Sun Protection		Optional Products  GentleWash Use this cleanser for gentler cleansing			
		 Cucumber Mask Use during program to soothe/calm skin			
Correct Dosage for Intensive Program - All creams use single dose : ~1 inch/3 cm - Cleansers/Toners: Apply more if skin is oily			Duration of Program Use program for 3 to 9 months until desired results have been attained. Stop use after 9 months and switch to Maintenance program to allow skin to rest.		
 Morning			 Night Program		
1	[1] C-Cleanse	1	[1] C-Cleanse		
2	[2] Soothing Splash Toner	2	[2] Soothing Splash Toner		
3	[3] PureLight	+	Optional step - Add a mask, serum or moisturizer		
4	Sun Protection Complex <i>Reapply once more in the afternoon, or when necessary</i>	3	[3] PureLight		
		4	[4] LiftOff <i>Use only 2 weeks after starting. Apply a thin layer avoiding sensitive areas.</i>		
		5	[5] NightLight 1 Dose + Retinol 1/2 Dose <i>Blend both products together before applying to treatment areas</i>		
REACTION NOTE Some users may experience some form of redness, itchiness, peeling during use which is completely normal, as this represents the unconditioned skin undergoing renewal. These reactions will lessen with continued use.					