



HOME CARE REGIMEN

4 Step Bootcamp

DESCRIPTION: The path to great skin is as easy as 1, 2, 3, 4 when using GlyMed Plus 4 step program. This introductory regimen will help get you started on a GlyMed Plus 4 step system. Choose between the color-coordinated product options to find the best 4 step program.

Aging- Acne -Hyperpigmentation -Compromised/ Sensitive/ Pregnancy



MORNING REGIMEN

1. Dispense 1 pump of Cleanser of choice to palms and apply to skin massaging for 1-2 minutes. Rinse with cool/warm water.
Gentle Face Wash - Sal X Purifying Cleanser -Gentle Face Wash - Vitamin C Cleanser
2. Apply Serum of choice. Dispense 1 pump of serum to palms and apply to face, neck, and décolleté.
CBD B3-Facial Dew - Skin Gel - Vitamin C Serum - Stem Cell Power Serum
3. Apply Moisturizer of choice. Dispense 1-2 pumps to palms and apply to face, neck, and décolleté. absorbed.
Daily Repair Mega Moisture Cream - Arnica + Healing Cream - Vitamin C Cream - Cell Protection Serum
4. Finish with Sunscreen of choice. Apply a small pea size amount to face, neck, décolleté and any other areas exposed to UVA/UVB Rays.
Environmental Protection Gel 15 - Environmental Protection Gel 15 - Photo Age Sunscreen SPF 30 - Photo Age Protection Cream 15



EVENING REGIMEN

1. Dispense 1 pump of Cleanser of choice to palms and apply to skin massaging for 1-2 minutes. Rinse with cool/warm water. Cleanser options listed above.
2. Repeat cleansing process for double cleansing method.
3. Apply Serum of choice. Dispense 1 pump of serum to palms and apply to face, neck, and décolleté. Serum options listed above.
4. Apply Moisturizer of choice. Dispense 1-2 pumps to palms and apply to face, neck, and décolleté. Moisturizer options listed above.