

Product	AM   PM	Usage	Should Last	Anticipated Reactions	Reaction Response	Tips
<b>CLEANSER</b>						
Epicutis Oil Cleanser	AM & PM	Daily			<input type="checkbox"/>	
Face Reality Barrier Balance Creamy Cleanser	AM & PM	Daily			<input type="checkbox"/>	
Face Reality L-Mandelic Face and Body Wash	AM & PM	Daily			<input type="checkbox"/>	
Face Reality Ultra Gentle Gel Cleanser	AM & PM	Daily			<input type="checkbox"/>	
Skinbetter Science Cleansing Gel	AM & PM	Daily			<input type="checkbox"/>	
Skinbetter Science Refining Foam Cleanser	AM & PM	Daily			<input type="checkbox"/>	
ZO Skin Health Gentle Cleanser	AM & PM	Daily			<input type="checkbox"/>	
ZO Skin Health Exfoliating Cleanser	AM & PM	Daily			<input type="checkbox"/>	
ZO Skin Health Hydrating Cleanser	AM & PM	Daily			<input type="checkbox"/>	
<b>EXFOLIATE</b>						
Epicutis Enzyme Powder	PM	Twice Weekly			<input type="checkbox"/>	
Face Reality Antioxidant Scrub	PM	Twice Weekly			<input checked="" type="checkbox"/>	May use Antioxidant Scrub in the morning instead of evening if preferred, or morning and evening if needed
Face Reality L-Mandelic Face and Body Scrub	PM	Twice Weekly			<input type="checkbox"/>	
Skinbetter Science AlphaRet Exfoliating Peel Pads	PM	Twice Weekly			<input type="checkbox"/>	
Skinbetter Science Detoxifying Scrub Mask	PM	Twice Weekly			<input type="checkbox"/>	
ZO Skin Health Exfoliating Polish	PM	Twice Weekly			<input checked="" type="checkbox"/>	Only skin can work up to 4-5x week
ZO Skin Health Dual Action Scrub	PM	Twice Weekly			<input type="checkbox"/>	May use Exfoliating Polish in the morning instead of evening if preferred
<b>TONER</b>						
Face Reality Calming Facial Toner	AM & PM	Daily			<input type="checkbox"/>	
Face Reality Glycolic Lactic	AM & PM	Daily			<input type="checkbox"/>	
Face Reality Moisture Balance Toner	AM & PM	Daily			<input type="checkbox"/>	
Face Reality Sal-C Toner	AM & PM	Daily			<input type="checkbox"/>	
ZO Skin Health Complexion Renewal Pads	AM & PM	Daily			<input type="checkbox"/>	
ZO Skin Health Oil Control Pads	AM & PM	Daily			<input type="checkbox"/>	
<b>SERUM</b>						
Alastin Regenerating Skin Nectar	AM & PM	Daily			<input type="checkbox"/>	
Epicutis Lipid Serum	AM & PM	Daily			<input type="checkbox"/>	
Face Reality GlowTone	AM & PM	Daily			<input type="checkbox"/>	
Skinbetter Science Even Intensive Correcting Serum	AM & PM	Daily			<input type="checkbox"/>	
Skinbetter Science Even Tone Correcting Serum	AM & PM	Daily			<input type="checkbox"/>	
Skinbetter Science Interfuse Face & Neck	AM & PM	Daily			<input type="checkbox"/>	
Skinbetter Science Interfuse Lines	AM & PM	Daily			<input type="checkbox"/>	
Skinbetter Mystro Active Balance Serum	AM & PM	Daily			<input type="checkbox"/>	
ZO Skin Health Brightalve	AM & PM	Daily			<input type="checkbox"/>	
ZO Skin Health Exfoliation Accelerator	AM & PM	Daily			<input type="checkbox"/>	
ZO Skin Health Growth Factor Serum	AM & PM	Daily			<input type="checkbox"/>	
ZO Skin Health Rozatrol	AM & PM	Daily			<input type="checkbox"/>	
<b>EYE</b>						
Alastin Restorative Eye Treatment	AM & PM	Daily			<input type="checkbox"/>	
Skinbetter Science EyeMax AlphaRet Overnight Cream	PM	Daily			<input type="checkbox"/>	
Skinbetter Science Interfuse Eye	AM & PM	Daily			<input type="checkbox"/>	
ZO Skin Health Growth Factor Eye Serum	AM & PM	Daily			<input type="checkbox"/>	
<b>NECK</b>						
Skinbetter Science Interfuse Face & Neck	AM & PM	Daily			<input type="checkbox"/>	
Skinbetter Science Techno Neck Perfecting Cream	AM & PM	Daily			<input type="checkbox"/>	
<b>MOISTURIZER</b>						
Alastin HA Immerse Serum	AM & PM	Daily			<input type="checkbox"/>	
Alastin Restorative Skin Complex	AM & PM	Daily			<input type="checkbox"/>	
Epicutis Hyvia Creme	AM & PM	Daily			<input type="checkbox"/>	
Face Reality ClearDerma Moisturizer	AM & PM	Daily			<input type="checkbox"/>	
Face Reality Cran-peptide Cream	AM & PM	Daily			<input type="checkbox"/>	
Face Reality HydraBalance Gel	AM & PM	Daily			<input type="checkbox"/>	
Face Reality HydraRemedy Serum	AM & PM	Daily			<input type="checkbox"/>	
Skinbetter Science Trio Rebalancing Moisture Treatment	AM & PM	Daily			<input type="checkbox"/>	
Skinbetter Science Trio Luxe Moisture Treatment	AM & PM	Daily			<input type="checkbox"/>	
<b>RETINOL</b>						
Skinbetter Science AlphaRet Overnight Cream	PM				<input type="checkbox"/>	
Skinbetter Science AlphaRet INTENSIVE Overnight Cream	PM				<input type="checkbox"/>	
Skinbetter Science AlphaRet Clearing Serum	PM				<input type="checkbox"/>	
Skinbetter Science AlphaRet Exfoliating Peel Pads	PM				<input checked="" type="checkbox"/>	Skip Retinol Cream (AlphaRet Overnight Cream, Wrinkle & Texture, Radical Night Repair) on nights you're using peel pads
ZO Skin Health Radical Night Repair	PM				<input type="checkbox"/>	
ZO Skin Health Wrinkle & Texture	PM				<input type="checkbox"/>	
<b>VITAMIN C</b>						
Skinbetter Science Alto Advanced	AM	Daily			<input type="checkbox"/>	
Skinbetter Science Solo Defense MEN	AM	Daily			<input type="checkbox"/>	
ZO Skin Health Daily Power Defense	AM	Daily			<input type="checkbox"/>	
ZO Skin Health Illuminating AOX	AM	Daily			<input type="checkbox"/>	
<b>BODY</b>						
Alastin TransFORM Body Treatment	AM & PM	Daily			<input type="checkbox"/>	
Skinbetter Science AlphaRet Body Overnight Cream	PM	Twice Weekly			<input type="checkbox"/>	
<b>MASK</b>						
CO2 Lift Pro	AM & PM	Twice Weekly			<input type="checkbox"/>	
CO2 V	AM & PM	Twice Weekly			<input type="checkbox"/>	
Epicutis Lipid Recovery Mask	AM & PM	Twice Weekly			<input type="checkbox"/>	
Skinbetter Science Detoxifying Scrub Mask	AM & PM	Twice Weekly			<input type="checkbox"/>	
ZO Skin Health Skin Brightening Sheet Mask	AM & PM	Twice Weekly			<input type="checkbox"/>	
<b>MIST</b>						
Hydrinity Hyacyn Active Mist	AM & PM	Daily			<input type="checkbox"/>	
<b>SUPPLEMENTS</b>						
Clear Skin Balance Supplement	Once	Daily			<input type="checkbox"/>	Take 2 capsules with a meal, once daily
Clear Skin Restore Supplement	Once	Daily			<input type="checkbox"/>	Take 2 capsules with a meal, once daily
<b>SUNSCREEN</b>						
Hydratint	AM	Daily			<input checked="" type="checkbox"/>	Mix with ZO Illuminating AOX for a lighter tint with glow
Light Day	AM	Daily			<input type="checkbox"/>	
Sunbetter Sheer Compact	AM	Daily			<input type="checkbox"/>	
Sunbetter Sheer Stick	AM	Daily			<input type="checkbox"/>	
Tonesmart Lotion	AM	Daily			<input type="checkbox"/>	
Tonesmart Compact	AM	Daily			<input type="checkbox"/>	
<b>MISC</b>						
Alastin Soothe + Protect	As Needed	AS NEEDED			<input type="checkbox"/>	
Face Reality Pimple Patches	As Needed	AS NEEDED			<input type="checkbox"/>	
Face Reality Sulfur Spot Treatment	As Needed	AS NEEDED			<input type="checkbox"/>	