

NEW TO NU-DERM IN WINTER

*Add Hydration! Your skin is transforming and the winter can bring additional dryness		AM	PM
Gentle Cleanser / Foaming Gel	Apply to damp skin and rinse with lukewarm water.	X	X
Toner	Apply with a cotton pad, sweeping across the skin. Do not rinse.	X	X
- Professional-C Serum -	Apply 5-7 drops to finger tips and apply in gentle circles, feather to the neck.	X	X
Clear / Clear Fx	Apply evenly to the entire face, extending to the hairline, over the ears, and ending with a feathering motion down the neck.	X	X
Exfoderm / Exfoderm Forte	Apply a pea size amount and massage into skin.	X	
Blender + Tretinoin / Blend Fx + Retinol	Mix together and apply evenly to the entire face covering affected area lightly. Avoid corners of the nose, mouth, eyes and open wounds.		X
- ELASTiderm Facial Serum -	Apply 2-3 pumps to a clean, dry face, neck and décolletage.	X	X
Hydrate +/- Daily Hydro-Drops*, Hydrate Luxe*	Apply 1-2 pumps to entire face as many times daily to counteract dryness.	X	X
Sun Shield SPF50	Apply evenly to your face, repeat after 2 hours if in the sun.	X	

Obagi Maintenance

~HQ/optional switch to Fx: reduce to 2-3 times a week, and reapply SPF during the day to protect your new skin		AM	PM
Gentle Cleanser / Foaming Gel	Apply to damp skin and rinse with lukewarm water.	X	X
Toner	Apply with a cotton pad, sweeping across the skin. Do not rinse.	X	X
- Professional-C Serum -	Apply 5-7 drops to finger tips and apply in gentle circles, feather to the neck.	X	X
Clear~ / Clear Fx~ ~Reduce to 2-3 times a week	Apply evenly to the entire face, extending to the hairline, over the ears, and ending with a feathering motion down the neck.	X	X
Exfoderm~ / Exfoderm Forte~ ~Reduce to 2-3 times a week	Apply a pea size amount and massage into skin.	X	
Blender + Tretinoin / Blend Fx + Retinol ~Reduce to 2-3 times a week	Mix together and apply evenly to the entire face covering affected area lightly. Avoid corners of the nose, mouth, eyes and open wounds.		X
- ELASTIderm Facial Serum -	Apply 2-3 pumps to a clean, dry face, neck and décolletage.	X	X
Hydrate +/- Daily Hydro-Drops, Hydrate Luxe*	Apply 1-2 pumps to entire face as many times daily to counteract dryness.	X	X
Sun Shield SPF50	Apply evenly to your face, repeat after 2 hours if in the sun.	X	

Seasonal Skier / Outdoors Type

***^Stop use of Blender/ Blend Fx & Retinoid 24 hours before going on holiday, or reduce to every 72 hours. Be sure to reapply SPF during the day and where a hat where possible.
*Add in Hydration, winter can bring additional dryness***

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- Professional-C Serum -	Apply 5-7 drops to finger tips and apply in gentle circles, feather to the neck.	X	X
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Sun Shield SPF50	Apply evenly to your face, repeat after 2 hours if in the sun.	X	