

# 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

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X

X

Toner

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X

X

- Professional-C Serum -

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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.

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- 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



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# 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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