

ZO[®] AGGRESSIVE ANTI-AGING TREATMENT PROGRAM

DRY SKIN

	AM	PM	NOTES
Cleanse	Effects™ Hydrating Cleanser	Effects™ Hydrating Cleanser	
Activate	Effects™ Exfoliating Polish		2-7x/week Avoid the delicate areas around the eyes and the lips, where the skin is already thin.
Stimulate	Ossential® Daily Power Defense	Ossential® Radical Night Repair Plus	Begin by applying only twice a week, and increase frequency gradually until the product can be applied nightly.
Calm & Nourish	Ommerse® Daily Renewal Crème	Ommerse® Overnight Recovery Crème	Use Daily Renewal Crème every morning, but use Overnight Recovery Crème only on nights when you are NOT applying Radical Night Repair Plus.
Protect	Oclipse™ Sunscreen + Primer SPF 30		Reapply every 2-3 hours when in direct sunlight.

OILY SKIN

	AM	PM	NOTES
Cleanse	Effects™ Exfoliating Cleanser	Effects™ Exfoliating Cleanser	Cleanse for at least one minute, to break down your skin's sebum.
Activate	Effects™ Exfoliating Polish		2-7x/week Avoid the delicate areas around the eyes and the lips, where the skin is already thin.
	Effects™ TE-Pads	Effects™ TE-Pads (Optional)	May be used once or twice a day. Avoid the eye area.
Stimulate	Ossential® Daily Power Defense	Ossential® Radical Night Repair Plus	Begin by applying only twice a week, and increase frequency gradually until the product can be applied nightly.
Calm & Nourish	Ommerse® Daily Renewal Crème	Ommerse® Overnight Recovery Crème	Use Daily Renewal Crème every morning, but use Overnight Recovery Crème only on nights when you are NOT applying Radical Night Repair Plus.
Protect	Oclipse™ Sunscreen + Primer SPF 30		Reapply every 2-3 hours when in direct sunlight.