

ZO[®] GENTLE 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® Growth Factor Serum	
Calm & Nourish	Ommerse® Daily Renewal Crème	Ommerse® Overnight Recovery Crème	
Protect	Oclipse™ Sunscreen + Primer SPF30		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® Growth Factor Serum	
Calm & Nourish		Ommerse® Overnight Recovery Crème	
Protect	Oclipse™ Sunscreen + Primer SPF30		Reapply every 2-3 hours when in direct sunlight.