melanopro peel system

REDUCE THE APPEARANCE OF HYPERPIGMENTATION IN UNDER 6 WEEKS



melanopro

Experience transformative results



Transformative regimen works to visibly counteract environmental skin damage to:

- ✓ Fade dark spots
- ✓ Reduce appearance of hyperpigmentation
- ✓ Smooth skin's texture







1. Improve texture and reduce the appearance of sun spots



2. Brighten areas prone to hyperpigmentation



3. Reduce the number of visible dark spots



about skin tone and hyperpigmentation

Our natural skin color, or constitutive skin color, is the basic melanin content of our skin that is genetically inherited without any influence (from sun exposure, hormones, et cetera). By definition, hyperpigmentation occurs when melanin—the pigment responsible for creating all skin colors—is deposited in the skin in greater than usual amounts, causing a change in the skin's color.

There are several types of hyperpigmentation, with the common ones being melasma, sun spots, and post-inflammatory hyperpigmentation. This excess of melanin production can be caused by UV, hormones, inflammation, stress and even pollution.

Here's an overview of the most common types of hyperpigmentation:



melasma

is caused by hormonal changes that can impact melanin production. These changes are often associated with pregnancy or when using birth control, and result in areas of hyperpigmentation that most commonly appear on the forehead, cheeks and upper lip. These dark spots often look like patches or a mask and may also be symmetrical.



sun spots

are related to excess sun exposure over time and considered the most common form of hyperpigmentation. Generally, they appear as spots on areas exposed to the sun, like the hands, neck, chest and face.



post-inflammatory hyperpigmentation (PIH)

is the result of inflammation or injury to the skin, for example, acne, deep cuts or burns. PIH may appear differently in varying skin tones. For example, a low Fitzpatrick client with PIH from breakouts may have hyperpigmentation that appears pink or red, due to inflammation and the color of the pheomelanin present in the PIH. The exact same PIH in a melanin-rich skin may appear purple, brown, or black due to the variations of eumelanin present in the PIH.

well-researched and effective skin brightening actives

Azelaic Acid is a tyrosinase enzyme inhibitor that has been shown to reduce melanin production. It also gently exfoliates the skin and removes the dull upper layers of the skin, which helps speed up skin cell turnover.

Tranexamic Acid, derived from amino acids, is a potent active ingredient known for its ability to inhibit the activity of a specific enzyme. By inhibiting this enzyme, Tranexamic Acid effectively interferes with the process of melanin production, resulting in a reduction in hyperpigmentation and a more uniform complexion.

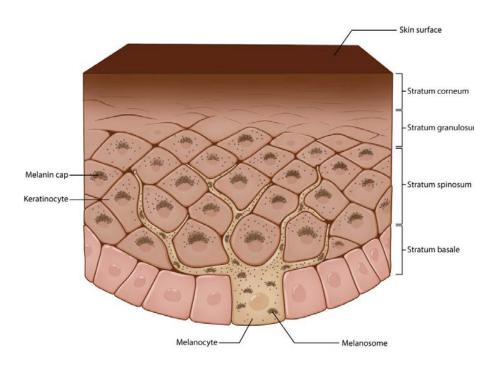
Salicylic Acid (SA), also known as Beta Hydroxy Acid (BHA), is a type of acid that possesses lipophilic properties, allowing it to penetrate the lipid barrier of the epidermis effectively. It works to reduce the adhesion of corneccytes (skin cells) by disrupting cellular junctions. This action loosens the bonds between cells, facilitating their detachment from the skin's surface. As a result, Salicylic Acid helps promote the shedding of dead skin cells, leading to a smoother and more even-toned complexion.

Glycolic Acid and Lactic Acid belong to the group of AHAs (Alpha Hydroxy Acids). They penetrate through the stratum corneum to induce the removal of the outer skin layers by disrupting the cohesion between keratinocytes (skin cells). Both acids also have moisturizing properties.

Retinol is a powerful form of Vitamin A that penetrates the outer layer of skin, known as the stratum corneum. Once absorbed, it is converted to Retinoic Acid to enhance cell turnover, allowing new skin cells to make their way to the skin's surface faster than they would naturally. Retinol also plays a crucial role in inhibiting a specific enzyme responsible for melanin synthesis, leading to a reduction in the production of skin pigment, melanin. This property contributes to a brighter and more even skin tone.

Niacinamide, also known as Pro-Vitamin B3, inhibits the transfer of melanin-containing structures called melanosomes to keratinocytes, thus preventing melanin from reaching the skin's surface. This mechanism helps reduce the appearance of dark spots and uneven skin tone.

Acetyl Hexapeptide-1 (peptide) is a powerful depigmenting agent that decreases the production and activity of a specific enzyme resulting in reduced amount of melanin produced in the melanosomes, number and size of melanosomes, and melanosome transfer to keratinocytes.







melanopro peel system at a glance

what it is

Melanopro Peel System is a clinical-strength peel program that delivers visible results in less than 6 weeks. This transformative 2-phase regimen works to visibly counteract environmental skin damage – fading dark spots, reducing the appearance of hyperpigmentation, and smoothing skin's texture to reveal fresh, brighter skin.

who it's for

Melanopro Peel System is an effective treatment regimen for anyone who experiences hyperpigmentation concerns: sun spots, acne scars, melasma, dull skin, rough texture. It has been tested on a wide range of skin tones.

what's unique about it

It is the first 2-phased clinical strength program that safely fades all forms of hyperpigmentation in under 6 weeks.

how to prescribe

It is ideal to prescribe Melanopro Peel System in fall or winter, when most clients receive less sun exposure. It has been extensively tested and is safe on all skin tones and ethnicities.

treatment phases

Melanopro Peel System has 2 phases, and product lasts up to 6 weeks.

phase 1:

Intensive Peeling Masque (Day 1)

- Professional application (45 min)
- Removed at home (4-7 hours later)

phase 2:

Resurfacing Moisturizer (4-6 weeks)

- Home applications: 2-3 times daily
- Day 1-6 flaking
- Day 7-15 adjustment
- Day 16-48 results peak

day one peeling masque

Intensive peeling masque to target persistent hyperpigmentation

key ingredients

10% Azelaic acid is combined with Salicylic Acid, Tranexamic Acid, Retinol, Niacinamide, and a brightening peptide: Acetyl Hexapeptide-1.

mode of action

The masque kick-starts intense exfoliation and starts to fade the appearance of hyperpigmentation. Due to its masque texture, it does not dry down and allows for the ingredients to provide continuous benefits.

application / removal

Applied by a professional skin therapist, and left on the skin for 3-7 hours. It is removed at home by client following the skin therapist's instructions.



continuous resurfacing cream

Intensive peeling cream to target pigmentation challenges

key ingredients

10% Azelaic Acid is combined with Salicylic Acid, Tranexamic Acid, Glycolic Acid, Lactic Acid, Retinol, Niacinamide, Hexylresorcinol and a brightening peptide: Acetyl Hexapeptide-1.

mode of action

The cream is applied daily to stimulate continuous exfoliation, brighten skin, smooth texture and reduce the appearance of hyperpigmentation.

application

2-3 times per day, following the instructions of the professional skin therapist.



ultracalming mist

Soothing, hydrating mist to help calm redness and sensitivity. Use postcleanse and throughout the day to soothe the skin and lock in hydration. Lightweight mist quickly absorbs to support a functioning skin barrier, helping to minimize future flare-ups.

key ingredients

UltraCalming Complex contains Oat and botanicals to help soothe and strengthen skin, and soothing Aloe helps calm while supporting a natural moisture balance in skin

application

Use as often as needed during the Melanopro Peel System following the instructions of the professional skin therapist.



melanopro: 2-phased system overview

6-WEEK OVERVIEW

phase 1



day 1: masque after 1 hour



day 1: masque after 7 hours



day 1: after masque



removal

phase 2



day 2



day 4



day 15



day 21



day 42



PHASE 1: CUSTOMIZATION

Fitzpatrick Skin Type	Sensitive	Dry	Balanced	Oily
Fitzpatrick 1 & 2	2-4 hrs	4-6 hrs	7 hrs	7 hrs
Fitzpatrick 3 & 4	2-4 hrs	4-6 hrs	6 hrs	6 hrs
Fitzpatrick 5 & 6	2-4 hrs	4-5 hrs	5 hrs	5 hrs





The duration of Day One Peeling Masque needs to be customized based on Fitzpatrick, Lancer and skin condition. Apply a thick layer over face (stop at jaw line). It must be 100% opaque.

PHASE 2: THE FIRST 7 DAYS











day 3 skin starts to flake, start cream 2-3x per day

day 4-5 skin is flaking

day 6 skin flakes less

day 7 flaking ends

This is usually the most challenging part of the treatment. If skin is too sensitive, have client stop using the cream for a day, or reduce the daily use to 1 or 2 times rather than 3. For anyone prone to more sensitivity, choose a progressive approach. Results will come, but they might take a little longer. Stay in touch daily with client to make sure they are doing well. Ask them to keep misting as often as needed to soothe skin.

DAYS 7-42













results start to more become visible improvements

day 42 end of treatment

From day 15 onwards, results become more and more visible. Skin should not be sensitive anymore. If possible, it is a good time to maximize results and encourage client to use the cream 3 times daily (if sensitivity permits).

Ask them to share their progress with you and others; clients usually get compliments during this time.



treatment protocol

Melanopro Peel System is a comprehensive skin care program to visibly reduce hyperpigmentation, irregularities, and help reduce the appearance of future hyperpigmentation. Simple, effective, and clinically proven, Melanopro Peel System is a two-phased program.

home care program

Melanopro Peel System includes:

- Day One Peeling Masque (0.5 oz)
- Continuous Resurfacing Cream (1.7 oz)
- UltraCalming Mist (1.7 oz)

Melanopro Peel System contains a rich and comprehensive complex of ingredients that have been developed to support resurfacing, help reduce the appearance of future dark spots, and brighten uneven skin tone. The complex includes Azelaic Acid, Glycolic Acid, Lactic Acid, Salicylic Acid, Tranexamic Acid, Retinol, Phytic



Acid, and Niacinamide. The system can be used alone, or paired within a treatment plan that may include other skin technologies such as chemical peels, lasers, IPL, micro-needling, and dermaplaning. To find out more about possible treatment pairings, please consult the Dermalogica Pro sales and education team.

pre-treatment information

These pre-service guidelines are important to follow to achieve the best results from the service.

- This system is not advised with those with highly sensitive skin, or those who have skin conditions such as rosacea, eczema, etc.
- Do not use topical skin care products containing ingredients that may increase skin sensitivity such as retinoids, exfoliants, topical antibiotics, or hydroxy acids one week prior to treatment.
- Avoid Accutane six months prior to service. Consult with your prescribing physician for guidance.
- Avoid waxing, depilatory creams, or electrolysis on face five days prior to treatment.
- Avoid IPL/laser procedures at least two weeks prior to treatment.
- Avoid unprotected sun exposure or sunburn at least two weeks prior to treatment.
- Avoid experimenting with new skin care products 2 weeks before treatment.

patch test recommendations

Patch testing is recommended prior to using the Melanopro Peel System. Patch testing is a way to gauge if a client may be contraindicated to treatment. If a client is contraindicated to Melanopro for other reasons during pre-consultation, they are contraindicated for the patch test, therefore do not proceed.

Day One Peeling Masque and Continuous Resurfacing Cream should be patch tested 24-48 hrs prior to the service to check for allergy and sensitization. It is recommended to conduct this patch test after the full consultation and treatment authorization has been completed and signed.

step-by-step instructions

Cleanse a small area behind the ears with a damp esthetic wipe or cotton.

- Dispense a small amount of Day One Peeling Masque to cotton swab and apply behind the ear.
- 2. Dispense a small amount of Continuous Resurfacing Cream to cotton swab and apply behind the ear.

During the patch test, the client may experience a tingling sensation and/or warmth—this is normal. The client should keep the creams on the skin for up to 90 minutes and then remove with water at home. They should monitor the area for 24-48 hours and inform the skin therapist of any skin changes. Watch for signs of extreme redness, rash, swelling or hives. If any of these appear, the client is contraindicated to the Melanopro Peeling System.

day 1 Melanopro Peel System application (Day One Peeling Masque applied in skin center by skin service professional)

Cleanse face with a gentle cleanser, and then let skin dry. Apply Day One Peeling Masque over entire face (stop at jaw line). Use the entire tube; skin should be completely covered. Avoid the lips and eye area and be cautious around the nose and mouth.



Fitzpatrick Skin Type Masque Duration

Fitzpatrick Skin Type	Sensitive	Dry	Balanced	Oily
Fitzpatrick 1 & 2	2-4 hrs	4-6 hrs	7 hrs	7 hrs
Fitzpatrick 3 & 4	2-4 hrs	4-6 hrs	6 hrs	6 hrs
Fitzpatrick 5 & 6	2-4 hrs	4-5 hrs	5 hrs	5 hrs

at-home peel removal

Keep your client for 30 to 45 minutes after the masque has been applied in order to monitor any possible skin responses such as redness and/or burning. Guide your client through the different steps of removal at home, and what to expect during the home care treatment program. Set up appointments (virtual or in-person)



to check in on your client's skin every week, as well as a skin treatment once the home care program has been completed. Instruct your client to keep the masque on their skin for two to seven hours (depending on their skin analysis/skin concern, skin tone, and type). Please note: seven hours is the maximum time allowed for use.*

*If the skin is unable to tolerate the recommended masque leave on time, please remove and contact your skin therapist. It's best to remove and rinse peel in the shower with cold or lukewarm water. Do not rub with a towel. Use hands to remove, making light fingertip circles on wet skin. This will remove the Peel but avoid any heavy friction, as skin may become more sensitive.

day 2

until treatment completion

Melanopro Peel System home care program

Please explain the following information to your client and give the at-home guide

after peel care (evening of treatment) and day 2

- Do not apply any product (serum, moisturizer, etc.)
 except for Dermalogica UltraCalming Mist.
- Spray Dermalogica
 UltraCalming Mist to soothe skin (if skin feels tight or hot).
 Use as often as needed.



day 3 until treatment completion

- Instruct clients to apply a nickel-sized amount of the Continuous Resurfacing Cream twice a day (AM and PM) for the first two to three days.
- After starting the cream, the skin may feel stimulated upon application (for the first few days). This feeling should dissipate within 15-20 minutes. If the stimulation is felt longer, please have client consult with their skin professional. They will either suspend the use of the cream for a few days or reduce usage to one daily application.





- If skin feels sensitive, spray Dermalogica
 UltraCalming Mist to soothe skin. Use as often as needed.
- Apply cream up to three times per day, for up to six weeks (or until entire tube is used).

Skin care professionals: Please note that it is recommended that you stay in daily contact with your client or patient for the first seven days. They are likely to experience flaking and/or sensitivity and they might have questions or need guidance until their skin adjust to the treatment.



storage

Store in a cool, dry place.

precautions for use

- Avoid contact with the eyes, lips, and mucous membranes. In case of accidental contact, wash thoroughly with water.
- Not recommended for children under the age of 18.
- Do not use products with AHAs, BHAs, enzymes, exfoliants or Retinol during the treatment.
- Make-up may be applied once any redness from the application of the Melanopro Peel System has stopped.
- Avoid sun exposure during the home care program.

contraindications

- This system is not advised for those with highly sensitive skin or those who have skin conditions such as rosacea, eczema, etc.
- Not for use on those that have sunburned skin.
- Not for use on pregnant or breastfeeding women.
- Not for use on those with active cold sores.
- Not for use on those with open skin lesions.
- Not for those currently using Isotretinoin in the past 6 months.
- Not for those with a history of diabetes.
- Not for those prone to keloid scars.
- Not for use on those who have had injectables in the past 14 days.

day one peeling mask warnings

Keep away from eyes. If material accidentally enters the eye, rinse well with plenty of clean water. Seek medical attention if irritation persists. Immediately after use, avoid direct exposure to sunlight. It is recommended that use of the product is followed with the application of an effective sunscreen product. Stop using this product if you develop unexpected redness or itching. Not suitable for highly sensitive skin.

continuous resurfacing cream warnings

Keep away from eyes. If material accidentally enters the eye, rinse well with plenty of clean water. Seek medical attention if irritation persists. Immediately after use, avoid direct exposure to sunlight. It is recommended that use of the product is followed with the application of an effective sunscreen product. Stop using this product if unexpected redness or itching develops. Not suitable for highly sensitive skin.

This product contains Vitamin A. Use in pregnancy and while breastfeeding is not recommended. Use with caution if also taking dietary supplements or using other products containing Vitamin A.

treatment planning

The following suggested treatment plan is designed to help your client with skin prep and recovery. It is always best to schedule Melanopro Peel System in fall and winter, when there is less sun exposure.



Depending on your location, there may be restrictions on which licensed professionals are legally authorized to perform certain advanced treatments. Check your local, state and/or country professional licensing regulations, safety protocols and guidelines to ensure that you are working legally within your scope of practice before performing an advanced treatment.

frequently asked questions

What prep should be done prior to using Melanopro Peel System?

It is recommended to prime skin before Melanopro. We suggest performing a Pro Power Peel service 2 to 4 weeks prior to the start of Melanopro Peel System. For homecare priming, using brightening products beforehand such as PowerBright or products from the BioLumin-C franchise is recommended. It is best to stop using Retinol products within 1 week prior to the start of Melanopro.

If the client experiences highly active and uncomfortable sensations 30 to 45 minutes after the Day One Peeling Masque has been applied, what are the instructions?

You should always perform a patch test 24-48 hours before Melanopro Peel System, especially if you suspect the client has some form of skin sensitivity or could be prone to a skin reaction. In the case of an overactive and hot sensation which does not stop after 30-45 minutes, remove the masque, and use UltraCalming Mist to soothe the skin. Apply Pro Restore and Stabilizing Repair Cream, and have your client use both products at home until the discomfort has stopped. Wait 48 hours (about 2 days) and check if the client can start using the cream. If not, stop the process entirely.

Apart from tingling and a slight feeling of sunburn, what else can the client experience on their skin? How long will the client's skin peel?

We see skin redness and a slight irritating sensation, tingling and occasional itchiness as the most common effects. If there is swelling, extreme redness or it is highly uncomfortable, discontinue the peel. The skin usually peels between days 3 and 7. We have had instances where peeling lasted up to 14 days (about 2 weeks), but it is rare.

What skin treatment would you suggest once home care has been completed?

Pro Calm is a great option to boost hydration, soothe and calm the skin. You will often find that the client might need at least 2-3 weeks after Melanopro Peel System before their next professional skin treatment.

Once the Day One Peeling Masque is applied in the skin center and the client goes home do they need to keep the Masque moist through the day?

No, they do not. They will leave on for the suggested time and gently remove with water.

If the client does need to remove the masque earlier than the time limit given because they cannot tolerate it, what is the advice shared with them?

Tell them to be very gentle as they remove the masque with tepid water and fingertips and then spray the skin with UltraCalming Mist. Have them call you to virtually assess how the skin looks and pictures are helpful. If skin is somewhat flushed, the client will likely be able to follow the protocol. They may need to wait 3-4 days before using the cream. If skin is looking highly irritated, swollen and there is a certain level of pain then ask them to come back and see you. It is best to stop the Melanopro Peel System in this situation.

Can clients use Melanopro treatment if pregnant or nursing?

No, the Melanopro Peel System cannot be used on pregnant clients or those who are lactating or breastfeeding.

How long does it take to see the results?

Results can vary by individual. Many users start seeing noticeable improvements within a few weeks of continuous use.

Is Melanopro safe for all skin tones?

Yes, it is safe for all skin tones. There are different protocols that allow to customize Melanopro Peel System for every skin tone and unlock remarkable results for everyone.

It is important to perform a patch test before use to ensure there are no adverse reactions.

How often can Melanopro Peel System be performed?

Melanopro can safely be performed every six months.

Can Melanopro Peel System be offered to a client with inflamed acne?

It is not recommended to offer Melanopro to anyone with inflamed acne.

Can Melanopro Peel System be offered during the summer months?

If the client is compliant with the instructions of the skin therapist, then Melanopro can be offered during summer. It is however recommended to offer Melanopro in fall and in winter where there is less sun exposure which may interfere with the effectiveness of the treatment.

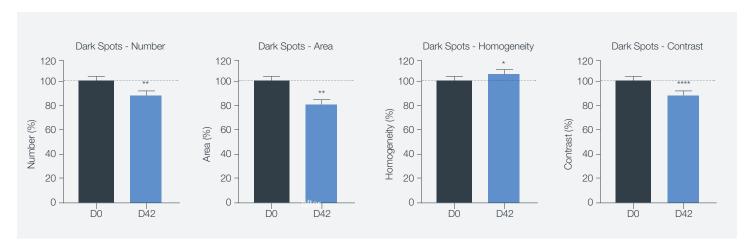
Do clients keep using their usual serums while using the Continuous Resurfacing Cream during the Melanopro treatment?

It is not recommended for clients to use serums during the Melanopro Peel System treatment as these may interfere with the effectiveness of Melanopro. We strongly suggest following the instructions as per the instructions manual and the recommendation from the skin therapist for optimal results.

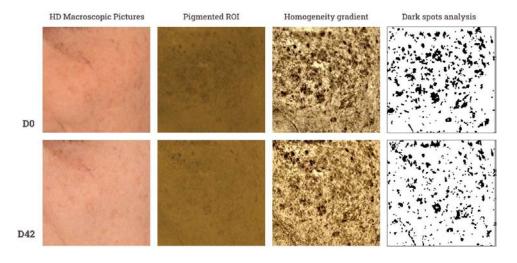
clinical study summary

DARK SPOT REDUCTION

The topical application of Melanopro Peel System significantly reduced the total number and area of dark spots by 9.7% and 14.4% respectively, after 6 weeks of topical treatment, compared to baseline values before the start (D0). Results also indicated a statistically significant increase in skin homogeneity between dark spots area and normal skin by 9.8% and a significant reduction of skin contrast by 9.2%, compared to D0.



Effects of Melanopro Peel System in dark spots for Volunteers 7. From above to below, Region of Interest (ROI) from macroscopic HD picture obtained, 2D extraction of pigmentation from the ROI, pigmentation gradient from the ROI, and dark spots analysis from the ROI using FrameScan V4 software





SKIN BRIGHTNESS

With regard to global brightness assessment, data indicated the treatment with Melanopro Peel System yielded a significant increase of specular brightness by 28.6% and a significant reduction of diffuse brightness by 35.1%, compared to baseline values at D0. Consistently, results indicated a non-significant increase of global brightness by 5.3%, whereas a significant but not very relevant effect was observed for skin lightness by 2.5%.

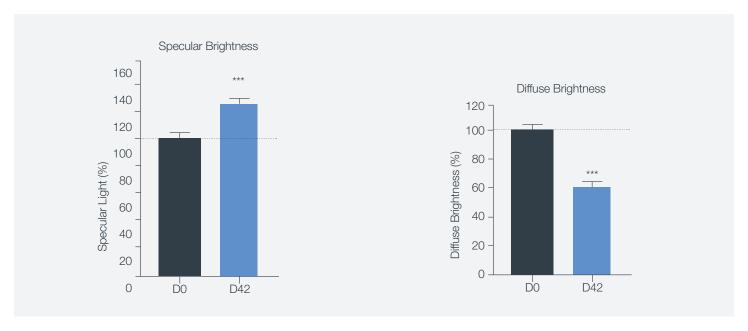
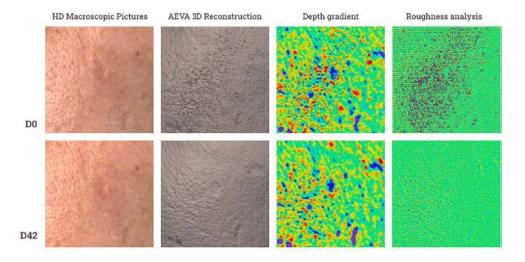


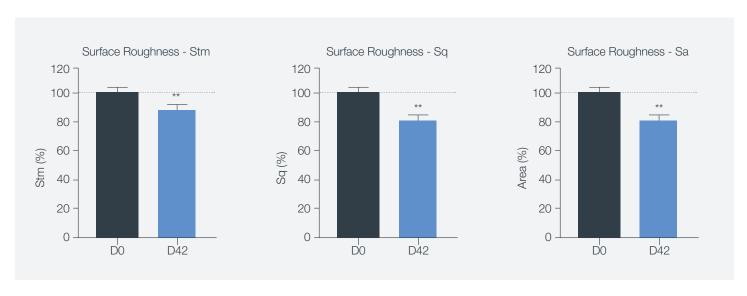
Figure 8. Effects of Melanopro Peel System in global brightness for Volunteer 3. From above to below, Region of Interest (ROI) from macroscopic HD picture obtained, 2D extraction of pigmentation from the ROI, pigmentation gradient from the ROI, and dark spots analysis from the ROI using FrameScan V4 software.





ROUGHNESS

For the analysis of surface roughness, results indicated a reduction of Stm, Sa, and Sq parameters by 14.1%, 12.9%, and 13.0%, respectively, compared to D0.





Conclusion

The topical treatment with Melanopro Peel System during 6 weeks displays brightening, and smoothing capabilities, substantiated in statistically significant improvement of dark spots and homogeneity parameters, together with a significant improvement in global brightness, and a significant reduction of surface roughness, compared to baseline values before the start of the treatment.

clinical study application process

Pre-Treatment (1 Week)

Morning

1.Apply a small amount* of "Facial Cleanser" to moistened hands, rub to generate a little foam and wash moistened face and neck. 2.Rinse thoroughly, preferably with lukewarm water, until there is no slippery sensation on the skin. 3.Dry thoroughly. 4.Apply "Moisturizing Cream" generously to the face with a gentle massage until completely absorbed. 5.After a few minutes, apply enough amount of "Sunscreen" (SPF 50+) to the face, properly covering and protecting the skin. Distribute with gentle movements (without rubbing) until completely absorbed. 6.If you wish to apply make-up, you should wait at least 5 minutes. Personal make- up habits can be maintained. DO NOT use other creams or serums.

Night

1. If you are wearing some make-up, remove make-up with a specific product before starting your skin care routine. 2. Apply a small amount* of "Facial Cleanser" to moistened hands, rub to generate a little foam and wash moistened face and neck. 3. Rinse thoroughly, preferably with lukewarm water, until there is no slippery sensation on the skin. 4. Dry thoroughly. 5. Apply "Moisturizing Cream" generously to the face with a gentle massage until completely absorbed.

Peeling (D0)

Applied by skin aesthetician with spatula during 10 minutes covering the full face, according to the video sent by the sponsor. The peeling masque remained in the face during 3 hours. After that, it was removed smoothly without rubbing too much the skin.

Day After The Peeling (D1)

Right after the peeling masque application and during the following day, it was only allowed to use the Toner, and it was completely mandatory to avoid sun exposure by using hat/cap, and spending not too much time in the street, in order to avoid the application of sunscreen.

The tonic was applied by using several sprays directly on the face (with eyes and mouth closed) and, with gentle touches of the fingers, helping to distribute over the face until completely absorbed (do not rub, in order to increase irritation). Use as often as necessary throughout the day to soothe any sensation of tightness, dryness, or itching.

From 24 Hours After The Peeling (6 Weeks)

Morning

1.Apply a small amount* of "Facial Cleanser" to moistened hands, rub to generate a little foam and wash moistened face and neck. 2.Rinse thoroughly, preferably with lukewarm water, until there is no slippery sensation on the skin. 3.Dry thoroughly. 4.During the first week, (then it was excluded it from the routine), apply the "Tonic" by spraying 4 times directly on the face (with the eyes and mouth closed) and, with gentle touches of the fingers, helping to distribute over the face. 5.Apply the "Continuous Moisturizer" generously over the face with a gentle massage until completely absorbed. This cream can be reapplied once more during the day if the skin feels very dry. Exceptionally and occasionally, you can use the "Moisturizing Cream" over the "Rejuvenating Cream" (and before sunscreen) if your skin feels very dry or irritated. 6.After a few minutes, apply a sufficient amount of "Sunscreen" (SPF 50+) to the face, properly covering and protecting the skin. Distribute with gentle movements (without rubbing) until completely absorbed. 7.If you wish to apply make-up, you should wait at least 5 minutes. Personal make- up habits can be maintained. If the skin is irritated, it is recommended not to use make-up until recovery.

Night

1.Apply a small amount* of "Facial Cleanser" to moistened hands, rub to generate a little foam and wash moistened face and neck. 2.Rinse thoroughly, preferably with lukewarm water, until there is no slippery sensation on the skin. 3.Dry thoroughly. 4.Apply "Continuous Moisturizer" generously to the face with a gentle massage until completely absorbed.