

## **Angie's Hot & Flashy Skincare Routine – Fall 2022 - Printable Guide**

### **AM:**

1. **Device: Use LED Mask OR Microcurrent (alternating days):** Wear OmniLux LED Mask 3-4X a week for 10-20 min. while still in bed (go to step 2) **OR Do NuFace/Bear Routine:** 3-4X per week: wash face & leave wet, apply Nuface Gel, do routine. Wipe away gel with damp Wonder Cloth, rinse & pat dry (go to step 3).
2. **Wash Face:** Derma-E Sensitive Cleanser: Warm water & hands, pat dry
3. **Antioxidant Serum:** Timeless 20% Vitamin C Serum or Maelove The GlowMaker: Apply 7 drops to face (avoiding eyelids & lips), another 7 drops to neck (if tolerated), chest, backs of hands
4. **AHA Serum:** The Ordinary Lactic Acid 10%: Apply 5 drops to face (avoiding eyelids & lips), neck (if tolerated), chest & backs of hands
5. **Dark Spot Treatment:** Agency Dark Spot Formula: Rub 1 pump into areas with discolorations.
6. **Peptide Serum:** Timeless CoEnzyme Q10 Serum: Apply 7-10 drops to face (including eyelids & lips), neck, chest & backs of hands
7. **Moisturizer:** Pacifica Vegan Ceramide Cream or CeraVe PM Lotion: Apply a pea size amount to face (including eyelids & lips), neck, chest & backs of hands
8. **Sunscreen:** Undefined R&R SPF 50, Dr. G Mild Green SPF 50, Elta MD UV Elements SPF 44 and/or your fave: Apply 1/4 teaspoon for face + neck, more for chest & backs of hands. Wait 15-20 minutes before applying primer/makeup.

### **PM:**

1. **Double Cleanse:** Clinique Cleansing Balm or Grace & Stella F Balm: Massage a dime size amount into dry face, splash with water and rub water around face & eyes to emulsify. Wipe with damp Wonder Cloth. Massage 1 pump Derma-E Sensitive Cleanser onto damp face, scrub lightly with Tao Clean Ona Orbital Cleanser, splash with water, pat dry.
2. **Toner:** Isntree Green Tea Toner: Apply small amount to face, neck & chest with fingertips (like an essence)
3. **Prescription Retinoid:** Retin-A, Agency, OR Curology: Apply a pea-sized amount to face (avoiding eyelids & lips), use another pea-sized amount for neck (if tolerated), chest & backs of hands (can be done right away if skin is acclimated to Tretinoin, if not, wait 15-20 minutes for skin to dry completely).  
**Optional Neck Retinoid (for necks too sensitive for Rx):** Maelove Moonlight Retinal Serum, OR Avene RetrinAl 0.1 Cream: Apply a small amount to neck only
4. **Dark Spot Treatment:** Agency Dark Spot Formula: Spot treat areas with discolorations.
5. **Peptide Serum:** Timeless Matrixyl Synthe 6 Serum: Apply to face (including eyelids & lips), neck, chest & backs of hands
6. **Resveratrol Serum:** Maelove The Hydrator: Apply 6-7 drops to face (including eyelids & lips), neck, chest & backs of hands
7. **Night Moisturizer:** ELF Holy Hydration or Olay Regenerist Ultra Rich Moisturizer: Apply to face (including eyelids & lips), neck, chest & backs of hands

**Note: I'm currently trying NIRA Laser but didn't include it here since it may not be permanent.**