



Skin Care Regime Chart

Skin Conditions	Skin Types					
	Dry		Normal/Combination		Oily	
Uneven/mottled Special Treatment	AM	Gentle cleanser Revitalizing eye serum Exfoliating cream Level 1 Hydrating complex (if necessary)	AM	Gentle or Clarifying cleanser Revitalizing eye serum Exfoliating cream Level 1 or 2	AM	Clarifying cleanser Revitalizing eye serum Exfoliating cream Level 1 or 2
	PM	Gentle cleanser Revitalizing eye serum Exfoliating cream Level 1 Hydrating complex (if necessary) Purifying mask (3 times per week)	PM	Gentle or Clarifying cleanser Revitalizing eye serum Retinol night complex Level 1 or 2 Purifying mask (3 times per week)	PM	Clarifying cleanser Revitalizing eye serum Retinol night complex Level 1 or 2 Purifying mask (3 times per week)
Wrinkles and Fine Lines Intense Treatment	AM	Gentle cleanser Revitalizing eye serum Revitalizing cream Intense Wrinkle Correction	AM	Gentle or Clarifying cleanser Revitalizing eye serum Revitalizing cream Intense Wrinkle Correction	AM	Clarifying cleanser Clarifying astringent (if necessary) Revitalizing eye serum Intense Wrinkle Correction
	PM	Gentle cleanser Revitalizing eye serum Retinol night complex Level 1 (if tolerated) Revitalizing cream Intense Wrinkle Correction Purifying Mask (3 times per week)	PM	Gentle or Clarifying cleanser Revitalizing eye serum Retinol night complex Level 1 or 2 Revitalizing cream (if necessary) Intense Wrinkle Correction Purifying mask (3 times per week)	PM	Clarifying cleanser Revitalizing eye serum Retinol night complex Level 1 or 2 Intense Wrinkle Correction Purifying mask (3 times per week)
Sensitive	AM	Gentle cleanser Revitalizing eye serum Antioxidant capsules Hydrating complex	AM	Gentle cleanser Revitalizing eye serum Antioxidant capsules Hydrating complex (if necessary)	AM	Gentle cleanser Revitalizing eye serum Antioxidant capsules
	PM	Gentle cleanser Revitalizing eye serum Antioxidant capsules Hydrating complex	PM	Gentle cleanser Revitalizing eye serum Antioxidant capsules Hydrating complex (if necessary)	PM	Gentle cleanser Revitalizing eye serum Antioxidant capsules

* The products in bold are the main treatments indicated for the skin condition.
Due to the potent ingredients a sunscreen should be used together with Alyria.



		Skin Types				
Skin Conditions		Dry	Normal/Combination	Oily		
Dehydrated	AM	Gentle cleanser Revitalizing eye serum Hydrating complex	AM	Gentle cleanser Revitalizing eye serum Exfoliating cream Level 1 Hydrating complex	AM	Gentle cleanser Revitalizing eye serum Exfoliating cream Level 1 or 2
	PM	Gentle cleanser Revitalizing eye serum Hydrating complex	PM	Gentle cleanser Revitalizing eye serum Hydrating complex Exfoliating cream Level 1 (if tolerated)	PM	Gentle cleanser Revitalizing eye serum Exfoliating cream Level 1 or 2
Dull	AM	Gentle cleanser Revitalizing eye serum Antioxidant capsules	AM	Gentle or Clarifying cleanser Revitalizing eye serum Antioxidant capsules Exfoliating cream Level 1 or 2	AM	Clarifying cleanser Clarifying astringent Revitalizing eye serum Antioxidant capsules
	PM	Gentle cleanser Revitalizing eye serum Retinol night complex Level 1 (if tolerated) Antioxidant capsules Special Treatment Purifying mask (3 times per week)	PM	Gentle or Clarifying cleanser Revitalizing eye serum Retinol night complex Level 1 or 2 Antioxidant capsules Purifying mask (3 times per week)	PM	Clarifying cleanser Revitalizing eye serum Retinol night complex Level 1 or 2 Antioxidant capsules Purifying mask (3 times per week)
Acne Prone	X		AM	Clarifying cleanser Clarifying astringent (T-zone) Revitalizing eye serum Exfoliating cream Level 1 or 2	AM	Clarifying cleanser Clarifying astringent Revitalizing eye serum
			PM	Clarifying cleanser Revitalizing eye serum Retinol night complex Level 1 or 2 Special Treatment Purifying mask (3 times per week)	PM	Clarifying cleanser Clarifying astringent Revitalizing eye serum Retinol night complex Level 1 or 2 Purifying mask (3 times per week)

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