

MODUS

Controlled pH Skin Care System

www.modusskincare.com

The Regimen for Skin Rejuvenation of the Face (ACNE)

Morning

- ∞ Vigorously wash face, neck with **PrepH (Stage 1)** – During this process, wet your face and then rub the cleanser (with your hands) into the face, neck, and forehead for 2 min then allow the foam to absorb into the skin. This step should take at least 3 minutes, before you rinse your face with warm water and pat dry. Allow to air dry completely before moving to the next step.
- ∞ Apply **PURIPHY, pH Modifier (Stage 2)** – Using a single cotton disc, wipe the solution in uniform manner all over the face, excluding the contour of your eyes, holding occasionally in place on the pores of your cheeks, forehead, and nose. Perform this step until the cotton disc is relatively dry. Proper application should take several minutes.
- ∞ Apply **STABLE-C, Vitamin C Serum (Stage 3)** (~10-12 drops or half the eyedropper) in a uniform method upon the surface of your face and forehead. Using 1 hand, rub vigorously into the skin until it is fully absorbed. Be careful NOT to touch the skin with the eyedropper and Do NOT wash/rinse area after serum is applied.
- ∞ Apply **CLARIPHY K-A (Stage 4)** – apply the cream – (double amounts in aged/dark spots, and acne cysts) in uniform method upon the face, forehead, & neck until fully absorbed. This application, depending on skin condition should be performed daily. If reaction occurs, reduce to three times per week.
- ∞ Apply **REGENERATE, Restoration Cream (Stage 7)** in a uniform method in and around the contour of the eyes until fully absorbed.
- ∞ Apply **MELATONIN 0.03%, Therapeutic Cream (Stage 8)** – ¼ gram amount upon the surface of your face and forehead. Massage cream uniformly until fully absorbed into the skin.

**At this point, it is important to apply a good sunscreen – minimum SPF30.*

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Night

- ∞ Wash affected areas with **PrepH (Stage 1)** as per the morning regimen.
- ∞ Apply **PURiPHY (Stage 2)** - Using a single cotton disc, wipe the solution in uniform manner all over the face, excluding the contour of your eyes, holding occasionally in place on the pores of your cheeks, forehead, and nose as per the morning regimen. Again, proper application should take several minutes and the cotton disc should be relatively dry when you're complete.
- ∞ Apply **STABLE-C, Vitamin C Serum (Stage 3)** (~10-12 drops or half the eye-dropper) in a uniform method upon the surface of your face and forehead as per the morning regimen.
- ∞ Apply **CLARiPHY K-A (Stage 4)** - apply the cream - (double amounts in aged/dark spots, acne cysts) in uniform method upon the face, forehead, & neck until fully absorbed as per the morning regimen.
- ∞ Per your Doctor's recommendation, you may incorporate a Tretinoin Compound (.1% cream), 3 times a week, at night.
- ∞ Apply **EXPHOLIATE, Skin Exfoliator (Stage 6)** - in a uniform manner upon the surface of your face, excluding the contour of your eyes, until fully absorbed. This application should be performed 3 times/week, at night.
- ∞ Apply **MELATONIN 0.03%, Therapeutic Cream (Stage 8)** - generously upon the surface of your face, forehead, neck and chest area. Massage cream uniformly until fully absorbed into the skin.