

# Daily Maintenance Home Care Products & Routine



Taking care of your skin should be a significant part of your self-care routine especially following the investment you are making to have treatment with us.

As we all strive for healthier and more radiant skin, we recommend that you follow an at-home skincare routine to maximise the outcome of your treatment journey.

## **A home skin care routine can make all the difference to your results**

In clinic we offer the CLINICCARE range of home products to complement what we use in clinic and if you currently have no skin care routine even making one step can begin to make a difference.

CLINICCARE have created a home daily beauty plan recommended for post treatment, to optimise and maintain skin health. There are three ranges targeted to specific skin concerns:

**GLOW** - For hyperpigmentation, age spots, sun damage and dull tired skin

**PURE** - For sensitive, irritated or inflamed skin (e.g. acne-like conditions)

**REFRESH** - For fine lines, wrinkles, firmness and moisture

## **Younger skin (normal to oily)**

Morning and evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** on eye and lip area (morning only)
- Apply suitable **X3M EGF Essence** to face, and on top of that
- Apply **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** (morning only)

## **Younger skin (normal to dry)**

Morning and evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** on eye and lip area (morning only)
- Apply suitable **X3M EGF Serum** to face, and on top of that
- Apply **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** (morning only)

## **Mature skin (normal to oily)**

Morning:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** on eye and lip area
- Apply suitable **X3M EGF Essence** to face, and on top of that

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- Apply **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** on top

Evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply suitable **X3M EGF Essence**

## Mature Skin (normal to dry)

Morning:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** on eye and lip area
- Apply suitable **X3M EGF Extra Serum** to face, and on top of that
- Apply **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** on top

Evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply suitable **X3M EGF Essence** to face and on top of that
- Apply suitable **X3M EGF Serum**

Please ask for more details at your next appointment, give us a call or visit our website where we have more information on the range available as well as other treatments, we can order for you.

Always remember that if our range is not for you, we can always point you in the direction of alternatives to start your home care journey