

Obagi Nu-derm instructions:



In the Morning

STEP ONE: Cleanse: Gentle Cleanser or Foaming Gel (#1)

Tip: Apply 1g to moistened face in a circular motion, rinse

STEP TWO: Tone skin: Using Toner (#2)

Tip: The best application is to place product in the palm of your hand and splash onto the face

STEP THREE: Apply Pro-C serum (--)

Tip: The best application is to place product in the palm of hand and spread evenly starting from outside of face

STEP FOUR: Apply Clear (#3)

Tip: Apply 1g starting from outside of face, do not include eye area

STEP FIVE: Apply Exfoderm or Exfoderm Forte (#4)

Tip: Apply 1g spread evenly throughout face

STEP SIX: Apply Sunscreen: Sun Shield Matte (#6)

Tip: Apply 1g evenly throughout face

In the evening

STEP ONE: Cleanse: Gentle Cleanser or Foaming Gel (#1)

Tip: Apply 1g to moistened face in a circular motion, rinse

STEP TWO: Tone skin: Using Toner (#2)

Tip: The best application is to place product in the palm of your hand and splash onto the face

STEP THREE: Apply Blender and Retin-A (#5 + your prescribed Retin-A formulation)

Tip: Mix 1g Blender with .5g Retin-A. Spread mixture evenly starting with the outside border of the face and work in toward nose, avoiding the eye area.

***** OBAGI Hydrate (#6) can be used as needed for added moisture *****