

# SKIN CARE

## Routine



### 1 Cleanse

Use the gentle, non-abrasive RA citrus gel cleanser. Wet your face with lukewarm water and use your fingertips to apply cleanser. Resist the temptation to scrub your skin because scrubbing irritates the skin. Rinse with lukewarm water and pat dry with a clean skin club towel.

### 2 Exfoliate

Mix RA cherry enzyme with water to form a paste, apply to your face, and then rinse off with warm water. You can also use RA pumpkin for acne prone skin. Twice a week mandelic acid at night or jojoba scrub for sensitive skin.

### 3 Hydrate

Apply serum first because it has a smaller molecular structure. Then layer your moisturizer as it locks in your serum.

### 4 Tone

Tone comes after cleansing. It helps remove any excess debris as well as balancing the PH.

### 5 Protect

Sunscreen, sunscreen, sunscreen. #1 aging element is the sun. Even when its cloudy. Re-apply til you die!



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