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I consent to the Dermalogica Group using my personal data to contact me with marketing and product information, products, and to provide me with marketing and product information.

SMS (text)  phone  post  email

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signature \_\_\_\_\_

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\_\_\_\_\_

notes: \_\_\_\_\_

product \_\_\_\_\_

how to use \_\_\_\_\_

am  pm  daily  times / week

product \_\_\_\_\_

how to use \_\_\_\_\_

am  pm  daily  times / week

product \_\_\_\_\_

how to use \_\_\_\_\_

am  pm  daily  times / week

product \_\_\_\_\_

how to use \_\_\_\_\_

am  pm  daily  times / week

my regimen

treatment suggestions

\_\_\_\_\_

\_\_\_\_\_

notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

skin therapist: \_\_\_\_\_

next appointment: \_\_\_\_\_

at: \_\_\_\_\_

1. Within the last year, have you been under a physician's care on medication or experienced any health problems including allergies?  Yes  No

2. Do you have metal implants, a pacemaker or body piercings?  Yes  No

3. Are you pregnant, trying to become pregnant or lactating?  Yes  No

4. Are you currently using any of the products or receiving any of the treatments below?

laser or light therapy (within the last month)

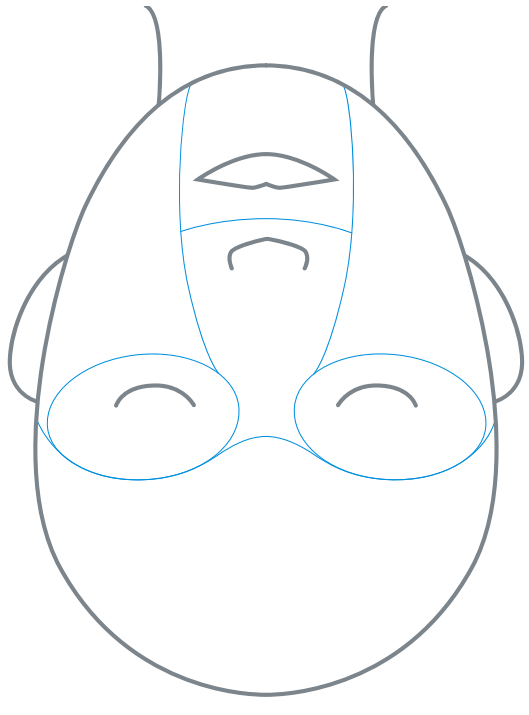
exfoliating products (such as Retinol)

vitamin A derivatives (within the last month)

waxing / shaving (within the last 72 hours)

microdermabrasion (within the last month)

chemical peel (within the last month)



my skin goals

powered by face mapping®

dermalogica skin smoothing cream

my SKIN FITNESS PLAN

personalised for the unique skin of:

\_\_\_\_\_

dermalogica®


recommended products:


\_\_\_\_\_


\_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_

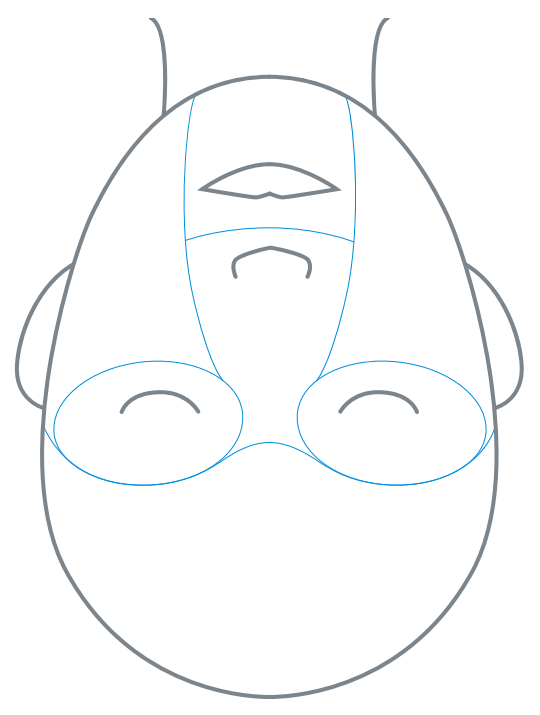
name  \_\_\_\_\_

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phone  \_\_\_\_\_

date  \_\_\_\_\_

dermalogica personal skin fitness plan



dermalogica presents

# skin care, demystified

Use this guide to master your skin care routine, and take the mystery out of the equation.

## order is important

A good rule of thumb when layering skin care products is to start with the thinnest texture and end with the thickest, but here's a more specific guide to layering for optimal results.

 <p>dermalogica precleanse</p>	 <p>dermalogica special cleansing gel</p>	 <p>dermalogica daily microfoliant*</p>	 <p>dermalogica multi-active toner</p>	 <p>dermalogica skin smoothing cream</p>
<p><b>precleanse</b></p> <p>Melts off daily grime and make-up from skin.</p>  <p>Apply <b>1 to 2 pumps</b> of PreCleanse onto a dry face.</p>	<p><b>cleanse</b></p> <p>Lifts impurities and preps skin for treatment.</p>  <p>Dispense a <b>blueberry-sized</b> amount, mix with water, and apply with hands.</p>	<p><b>exfoliate</b></p> <p>Removes dulling surface debris and evens out skin tone.</p>  <p>Mix a <b>grape-sized</b> amount with water; apply in circular motions.*</p> <p><small>*powder exfoliants</small></p>	<p><b>tone</b></p> <p>Increases hydration and product penetration.</p>  <p>Spritz <b>3 to 4 pumps</b> evenly over the face.</p>	<p><b>moisturise</b></p> <p>Protects against environmental triggers and premature skin ageing.</p>  <p>Apply an <b>almond-sized</b> amount in upward, circular motions.</p>



### targeted treatments

Targeted treatments, such as eye products, primers and facial oils, can help control or treat a wide range of skin issues.



### masques

Masques deliver a dramatic boost to skin, whether you're in need of purification, hydration or recovery from environmental damage.

## healthy you, healthy skin

Here are a few tips to keep the glow going all day and night.



### drink plenty of water

Your body takes dehydration seriously, and your skin is no exception- drink up.



### protect yourself

Sunscreen typically wears off after about 2 hours, so frequently reapply to exposed areas.



### check your diet

Your skin is what you eat- so eat healthy!