



dermalogica presents
 skin care, demystified
 Use this infographic to help you understand the importance of each step in your skin care routine, and take the mystery out of the ingredients that go into each product.

cleanse

1. Cleansing removes dirt, oil, and makeup from the skin's surface. Use a gentle cleanser to avoid stripping the skin's natural moisture barrier.



exfoliate

2. Exfoliating removes dead skin cells and reveals smoother, brighter skin. Use a gentle exfoliant to avoid irritation.



moisturize

3. Moisturizing hydrates the skin and helps to prevent dryness and irritation. Use a moisturizer that suits your skin type.



targeted treatments

4. Targeted treatments address specific skin concerns, such as acne, aging, and hyperpigmentation. Use a treatment that is tailored to your skin's needs.



masques

5. Masques provide a concentrated dose of active ingredients to the skin, helping to improve texture and tone. Use a masque that suits your skin type.



healthy you, healthy skin

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



drink plenty of water
 Your body is made up of about 60% water, and your skin is no exception—drink up.



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

check your diet
 Your skin is what you eat, so eat healthy!

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