

# BBWI Care for Mature, Dry Skin

## Morning (AM)

1. Wash face with the **Intensive Renewal Cleanser**.
2. Apply **toner** to face and throat with cotton pad.
3. Apply small amount of **Eye Firmer** around the orbital bone and the middle of eye lid. It acts as a primer for eye shadow.
4. Apply **Multi Active Repair Revolution** to face, neck and if desired, décolletage and tops of hands.
5. Apply **Day Protection SPF 30** to face, neck, and if desired décolletage and tops of hands. **Allow one or two minutes for the products to absorb deeply, then you may follow with makeup, or powder of your choice.**
6. Apply the **Intensive Renewal Body Firmer** to arms, legs, and buttocks paying special attention to elbows, feet and knees.

## Night (PM)

Repeat Steps #1, #2, #3, #4 and #5

Apply the **Hydrating Nourisher and /or the Face Firmer** to face, neck, and if desired to the décolletage, and tops of hands.

Apply the **Body Firmer** to the rest of your body.

## Once a week

Preferably at night before bed, wash face thoroughly with the Intensive Renewal Cleanser. Apply a thin coating of the **Pro Peel** to the face and neck, if desired apply to décolletage and tops of hands. The peel is a combination of fruit and lactic acids and will tingle upon application. This is normal and with each use the tingling sensation will be noticed less. **Allow to stay on for 5 to 10 minutes.** Preferably get in to the shower, **wash off thoroughly** with the Intensive Renewal Cleanser, rinse, and then wash second time as follows. Mix a dime size amount of cleanser with a dime size amount of the **Microdermabrasion facial scrub** and rub in a circular motion over face and tops of hands for 30 seconds. For a more aggressive scrub, use the microdermabrasion facial scrub without the cleanser. Rinse thoroughly. Finish your shower as usual, rinse thoroughly, turn off shower, and apply the **Body Microdermabrasion scrub** to arms, legs, buttocks in a gentle circular motion. (Luffa gloves work the best for application of the Body Microdermabrasion. They can be purchased at any drug store.) Rinse off thoroughly, you will be slightly pink, as this removes dead skin cells and stimulates collagen and skin cell renewal. Follow with the **Multi Active Repair Revolution, and or the Hydrating Nourisher and Face Firmer. Apply the Intensive Renewal Body Firmer over entire body.**

**Note:** As an extra boost for anti aging, include the **Mushroom Trilogy Serum**. If used, apply before the Multi Active Repair, and then apply other products suggested. The toner will increase circulation and return the skin to a normal Ph. A pink tone to the skin may be noticed, this will dissipate quickly. It is also important that we treat the rest of our bodies with the anti aging ingredients in the Body Firmer and the Body Microdermabrasion scrub.

Your skin is only as good as the nutrients you provide it. Eat a healthy diet of fruits, vegetables, and lean meats. Drink 64 oz. of water per day, and exercise regularly. The Mega Cleanse Internal Complex, Mega Nutritional System, and the Nu Born Skin, will Provide skin saving nutrients to combat lines, wrinkles and sun damage from the inside out.

**You may use all or some of the suggested products. Mix and match according to your particular needs.**