



## Daily Maintenance – Home Care Products & Routine

CLINICCARE have created a home daily beauty plan recommended for post treatment, to optimise and maintain skin health. There are three ranges targeted to specific skin concerns:

**GLOW**- For hyperpigmentation, age spots, sun damage and dull tired skin

**PURE**- For sensitive, irritated or inflamed skin (e.g. acne-like conditions)

**REFRESH**- For fine lines, wrinkles, firmness and moisture

### Younger skin (normal to oily)

Morning and evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** on eye and lip area (morning only)
- Apply suitable **X3M EGF Essence** to face, and on top of that
- Apply **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** (morning only)

### Younger skin (normal to dry)

Morning and evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** on eye and lip area (morning only)
- Apply suitable **X3M EGF Serum** to face, and on top of that
- Apply **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** (morning only)

### Mature skin (normal to oily)

Morning:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** on eye and lip area
- Apply suitable **X3M EGF Essence** to face, and on top of that
- Apply **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** on top

Evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply suitable **X3M EGF Essence**

### Mature Skin (normal to dry)

Morning:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** on eye and lip area
- Apply suitable **X3M EGF Extra Serum** to face, and on top of that
- Apply **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** on top

Evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply suitable **X3M EGF Essence** to face and on top of that
- Apply suitable **X3M EGF Serum**

We are here to help so if you have any questions do please get in touch