

## Home Care

### FIRST 24 HOURS:

Apply nothing to the skin (*i.e. do not cleanse or apply any skin care products or makeup*).  
*Optional:* Spritz **Moisturizing Mist** or **MB-1** (*if acne-prone*) 2-4 times as needed to hydrate skin throughout the day.

### AFTER 24 HOURS:

Begin to use **Cleanser**, **Recovery** and **Barrier Renewal Cream** in that order twice daily. Wear mineral sunscreen during the day to protect skin from UV rays.

### AFTER 7 DAYS:

Resume exfoliating by using **Enzyme Crème Mask**, **Mandelic Acid 8%** or **Salicylic Acid Gel**.