

DR's Secret Daily Skin Care Regime

Regime	Skin Condition		Pigmentation	Ageing / Sagging	Dilated Pores	Pimple / Acne	
	Skin Type						
Conditioning To condition/ prepare the skin <i>2-4 weeks recommended</i>	All			Daily AM 1, 6, 5 PM 1, 6		Daily AM 1, 8, 9, 5 PM 1, 8, T3 (only on affected area), 9	
				Daily AM 1, T2, 6, 5 PM 1, T2, T3 (4 drops) + T4 (3-4 pumps), 6			
Basic For skin's renewal and radiance <i>1-2 months recommended</i>	All						
Intensive For enhanced results after Conditioning and Basic Regimes <i>Daily</i>	Oily	5 days	AM 1, T2, T3 (7 drops) + T4(3-4 pumps), 6, 9, 5 PM 1, T2, T3 (10 drops), T4 (3-4 pumps), 6, 9	4 days	AM 1, T2, T4 (3-4 pumps), 9, 5 PM 1, T2, T3 (10 drops) + T4 (3-4 pumps), 6, 9	5 days	AM 1, T2, 9, 5 PM 1, T2, T3 (10 drops), T4 (3-4 pumps), 9
		2 days	AM 1, T2, 6, 9, 5 PM 1, T2, 6, 9	3 days	AM 1, T2, 6, 9, 5 PM 1, T2, C15 (10 drops), 6, 9	2 days	AM 1, T2, 9, 5 PM 1, T2, T4 (3-4 pumps), 9
		5 days	AM 1, T2, T3 (7 drops) + T4 (3-4 pumps), 6, 5 PM 1, T2, T3 (10 drops), T4 (3-4 pumps), 6	4 days	AM 1, T2, T4 (3-4 pumps), 5 PM 1, T2, T3 (10 drops) + T4 (3-4 pumps), 6	5 days	AM 1, T2, 9, 5 PM 1, T2, T3 (10 drops), T4 (3-4 pumps), 6, 9
			2 days	AM 1, T2, 6, 5 PM 1, T2, 6	3 days	AM 1, T2, T4 (3-4 pumps), 5 PM 1, T2, C15 (10 drops), 6	2 days
	Normal	5 days	AM 1, T2, T3 (7 drops) + T4 (3-4 pumps), 6, 5 PM 1, T2, T3 (10 drops) + T4 (3-4 pumps), 6	4 days	AM 1, T2, T4 (3-4 pumps), 5 PM 1, T2, T3 (7 drops) + T4 (3-4 pumps), 6	4 days	AM 1, T2, 9, 5 PM 1, T2, T3 (7 drops) + T4 (3-4 pumps), 6, 9
		2 days	AM 1, T2, 6, 5 PM 1, T2, T4 (3-4 pumps), 6	3 days	AM 1, T2, T4 (3-4 pumps), 5 PM 1, T2, C15 (10 drops), 6	3 days	AM 1, T2, 9, 5 PM 1, T2, T4 (3-4 pumps), 9
	Dry	4 days	AM 1, T2, T3 (7 drops) + T4 (3-4 pumps), 6, 5 PM 1, T2, T3 (10 drops) + T4 (3-4 pumps), 6	4 days	AM 1, T2, T4 (3-4 pumps), 5 PM 1, T2, T3 (7 drops) + T4 (3-4 pumps), 6	4 days	AM 1, T2, T4 (3-4 pumps), 9, 5 PM 1, T2, T3 (7 drops) + T4 (3-4 pumps), 6, 9
		3 days	AM 1, T2, T4 (3-4 pumps), 6, 5 PM 1, T2, T4 (3-4 pumps), 6	3 days	AM 1, T2, T4 (3-4 pumps), 6, 5 PM 1, T2, C15 (10 drops), 6	3 days	AM 1, T2, T4 (3-4 pumps), 9, 5 PM 1, T2, T4 (3-4 pumps), 9
	Sensitive	4 days	AM 1, T2, T3 (4 drops) + T4 (3-4 pumps), 6, 5 PM 1, T2, T3 (4 drops) + T4 (3-4 pumps), 6	4 days	AM 1, T2, T4 (3-4 pumps), 5 PM 1, T2, T3 (4 drops) + T4 (3-4 pumps), 6	4 days	AM 1, T2, 6, 9, 5 PM 1, T2, T3 (4 drops) + T4 (3-4 pumps), 6, 9
		3 days	AM 1, T2, 6, 5 PM 1, T2, T4 (3-4 pumps), 6	3 days	AM 1, T2, T4 (3-4 pumps), 5 PM 1, T2, C15 (10 drops), 6	3 days	AM 1, T2, 6, 9, 5 PM 1, T2, C15 (10 drops), 6, 9

Important! For dry weather, please adjust your regime by reducing the amount of Skinlight T3 (T3) and applying Moisturizer (6) liberally. If any skin reaction occurs, apply Conditioning Regime to soothe the skin.