

Skin Care with Dory Home Care Instructions

Combining Products for Optimal Results



Recommended to follow as your morning and evening skin care routine.

1. **Bio glycolic cleanser:** place a small amount of cleanser on your face and rub into the skin. Massage for 30 seconds and rinse with water until the skin feels free from cleanser. Some people are using **Age Intervention** or **C-Ester Cleanser**.
 - a. **Directions for using Viktoria DeAnn peptides**
 - ▶ Use half-dropper of each serum on your face per application.
 - ▶ Dab on the skin. Wait 2 minutes.
 - ▶ Each peptide is a unique messenger that delivers a specific message to your cells. Therefore, waiting 2 minutes between applications is critical to absorb the peptide.
 - ▶ Add the lightest serum and progress to the next serum based on thickness of the serum. Lift serum is added first.
 - ▶ If using **VDA Youth 2000** on face or neck, apply here.
 - ▶ Add the eye serum at any time.
2. **Esta-C serum** is a mega vitamin for the skin. Apply 2 pumps to your skin.
3. **Bio clear** contains active glycolic, azelaic and salicylic to create a clearer more luminous skin, or **VDA Rejuvenator** which encourages and supports cellular turnover.
 - a. **If using Jan Marini Treatment or Osmosis products, begin adding at this step.**
4. Anti-aging **Transformation Cream**, containing peptides, antioxidants and growth factors is added at this step. or use **Age Intervention Moisturizer**.
5. Apply **SPF** daily to prevent damage caused by sun exposure.



303.717.0330

954 North Street - Level 2
Boulder, Colorado 80304