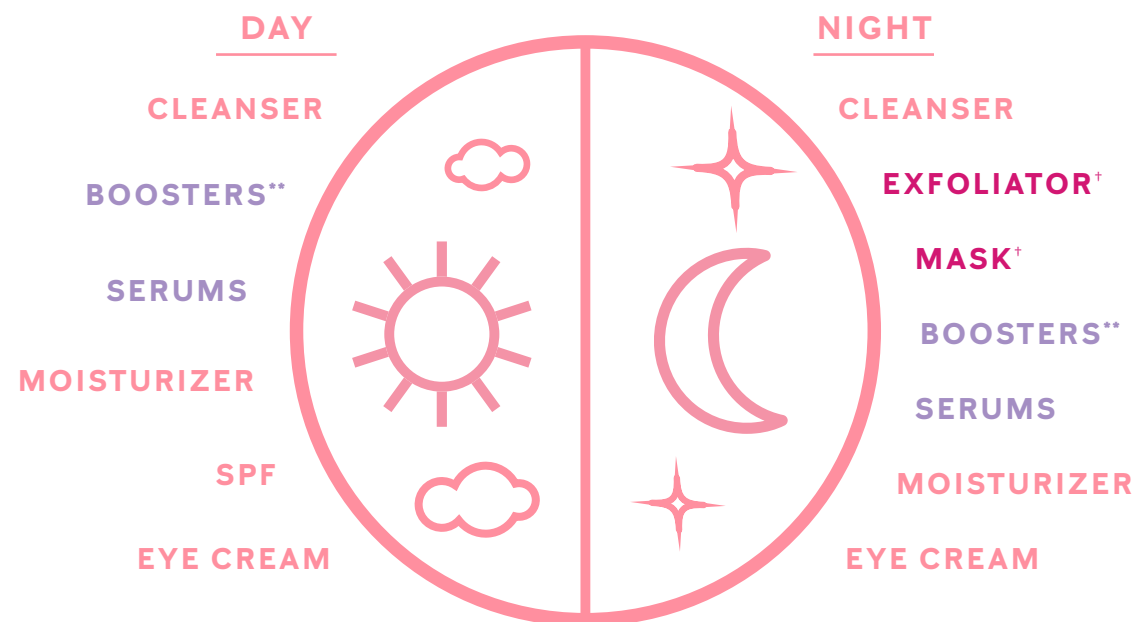


# how to

## GET THE MOST OUT OF YOUR SKIN CARE

Establishing a consistent skin care routine helps keep your skin healthy and happy. When it comes to applying products effectively, a great rule is to **organize your regimen based on the weight of the formula**. Lighter formulas such as boosters and serums are applied before heavier formulas such as moisturizers. Following this order of application ensures that your skin is receiving the **maximum benefits** of each product.

Not all products are meant to be used every day, so use this guide to make sure that you're applying products in the **most effective order** and **with the proper frequency**. Remember, your core skin care products are part of both your day and night routines.



If you are incorporating *Mary Kay Clinical Solutions*<sup>®</sup> Retinol 0.5 into your skin care routine, see Pages 2 and 3.

♥ USE EVERY DAY/NIGHT. ♥ CAN BE USED EVERY DAY, IF DESIRED. ♥ USE 2 OR 3 TIMES PER WEEK.



### CLEANSER\*

Begin both daytime and nighttime routines by cleansing skin. Use a quarter-sized amount.



### EXFOLIATOR

Remove dead skin cells and encourage new cell turnover 2 or 3 times per week.<sup>†</sup> Use a nickel-sized amount.



### MASK

Use a mask 2 or 3 times per week<sup>†</sup> to deep clean, moisturize or lift and firm skin. Use a quarter-sized amount.



### BOOSTERS

Target specific skin concerns with 6–8 drops (dime-sized amount) 3 or 4 times per week or every day, if desired.<sup>\*\*</sup>



### SERUMS

Multifunctional formulas that provide skin-loving benefits can be applied every day, if desired. Use 1 or 2 pumps (pea-sized amount).



### MOISTURIZER\*

Help protect skin's barrier from irritation by keeping it moisturized day and night. Use a nickel-sized amount.



### PROTECT WITH SPF\*

Apply SPF 30 or higher every morning to protect skin against harmful sun rays that can lead to hyperpigmentation, sunburn and premature aging. If you are in the sun for a prolonged amount of time, reapply every two hours. Use a quarter-sized amount.



### EYE CREAM\*

Help hydrate and reduce the appearance of puffiness and dark circles by applying an eye cream day and night. Use half a pea-sized amount.

\*Core skin care product

\*\*Please review the Booster Comparison Chart for specific use and frequency.

<sup>†</sup>We recommend that exfoliators and masks be used on alternating nights.

# order of application chart

## TIMEWISE® MIRACLE SET® + MARY KAY CLINICAL SOLUTIONS®

When integrating *Mary Kay Clinical Solutions*® formulas into your existing *TimeWise*® *Miracle Set*® skin care routine, please follow the order of application illustrated below. For detailed information about *Mary Kay Clinical Solutions*® products, please refer to the *Mary Kay Clinical Solutions*® Product Overview. Do not use PHA + AHA Resurfacer with Retinol 0.5, with *Clear Proof*® products containing salicylic acid or on the same day as other exfoliating products.

**DAY**

TimeWise® 4-in-1 Cleanser

Mary Kay Clinical Solutions® Ferulic + Niacinamide Brightener†

or

Mary Kay Clinical Solutions® C + Resveratrol Line-Reducer\*\*\*

Mary Kay Clinical Solutions® HA + Ceramide Hydrator

TimeWise® Antioxidant Moisturizer

TimeWise® Daytime Defender Sunscreen Broad Spectrum SPF 30†

TimeWise® Eye Cream

**NIGHT**

TimeWise® 4-in-1 Cleanser

TimeWise® Eye Cream

Mary Kay Clinical Solutions® Ferulic + Niacinamide Brightener†

or

Mary Kay Clinical Solutions® C + Resveratrol Line-Reducer\*\*\*

Mary Kay Clinical Solutions® HA + Ceramide Hydrator

Mary Kay Clinical Solutions® Retinol 0.5

Mary Kay Clinical Solutions® Calm + Restore Facial Milk††

TimeWise® Nighttime Recovery

TimeWise® Antioxidant Moisturizer

Please refer to the *Mary Kay Clinical Solutions*® retinization process for important details and product recommendations.

\*Over-the-counter drug product

\*\*Can be applied in the mornings and/or on alternate evenings of Retinol 0.5.

†Do not apply during the retinization process.

††Once skin is retinized, it is not necessary to apply Calm + Restore Facial Milk after Retinol 0.5.

# order of application chart

## TIMEWISE REPAIR® + MARY KAY CLINICAL SOLUTIONS®

When integrating *Mary Kay Clinical Solutions*® formulas into your existing *TimeWise Repair*® skin care routine, please follow the order of application illustrated below. For detailed information about *Mary Kay Clinical Solutions*® products, please refer to the *Mary Kay Clinical Solutions*® Product Overview. Do not use PHA + AHA Resurfacer with Retinol 0.5, with *Clear Proof*® products containing salicylic acid or on the same day as other exfoliating products.

**DAY**

The daytime application chart features a sun icon and clouds. The products are arranged in a sequence from left to right, with an 'or' symbol between the two Clinical Solutions options.

		or					
<i>TimeWise Repair</i> ® <i>Volu-Firm</i> ® Foaming Cleanser	<i>Mary Kay Clinical Solutions</i> ® Ferulic + Niacinamide Brightener†		<i>Mary Kay Clinical Solutions</i> ® C + Resveratrol Line-Reducer***	<i>Mary Kay Clinical Solutions</i> ® HA + Ceramide Hydrator	<i>TimeWise Repair</i> ® <i>Volu-Firm</i> ® Advanced Lifting Serum	<i>TimeWise Repair</i> ® <i>Volu-Firm</i> ® Day Cream Sunscreen Broad Spectrum SPF 30*	<i>TimeWise Repair</i> ® <i>Volu-Firm</i> ® Eye Renewal Cream

**NIGHT**

The nighttime application chart features a moon icon and starburst symbols. The products are arranged in a sequence from left to right, with an 'or' symbol between the two Clinical Solutions options.

			or						
<i>TimeWise Repair</i> ® <i>Volu-Firm</i> ® Foaming Cleanser	<i>TimeWise Repair</i> ® <i>Volu-Firm</i> ® Eye Renewal Cream	<i>Mary Kay Clinical Solutions</i> ® Ferulic + Niacinamide Brightener†		<i>Mary Kay Clinical Solutions</i> ® C + Resveratrol Line-Reducer***	<i>Mary Kay Clinical Solutions</i> ® HA + Ceramide Hydrator	<i>Mary Kay Clinical Solutions</i> ® Retinol 0.5	<i>Mary Kay Clinical Solutions</i> ® Calm + Restore Facial Milk**	<i>TimeWise Repair</i> ® <i>Volu-Firm</i> ® Advanced Lifting Serum	<i>TimeWise Repair</i> ® <i>Volu-Firm</i> ® Night Treatment With Retinol

MARY KAY

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\*Over-the-counter drug product \*\*Can be applied in the mornings and/or on alternate evenings of Retinol 0.5.  
 †Do not apply during the retinization process. ††Once skin is retinized, it is not necessary to apply Calm + Restore Facial Milk after Retinol 0.5.  
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