

# Toska European Spa ®

## Basic Home Care Regimen Instructions

### **1. Cleanser:** Lait U, E.V., or VIP 02 (the morning and the evening)

*Apply a small amount of cleanser on the face, neck and the décolleté. Emulsify with small circular movements. Remove with slightly moist pads. Repeat until all impurities and makeup have been removed.*

### **2. Lotion P50X** (the morning and the evening)

*On the face, the neck and the décolleté, avoiding the eye contour and their contact.*

*Take a moistened cotton pad with Lotion P50 and apply on the face, the neck and the décolleté, patting upward gently without rubbing.*

### **3. Lotion MC 110** Booster 3 times a week

*Spray on a thin cotton round and press lightly in an upwards motion. This stimulates the area and plumps the skin by exfoliating it.*

### **4. Masks:**

*Mask 2 times a week*

*Apply a generous layer. Leave for 15 minutes then remove with tepid water.*

### **5. Serums:**

*In the morning and the evening, apply 10 drops in the palm of your hand and pat onto the face, neck and the décolleté. You may layer multiple serums.*

### **6. Eye contour:**

*Application: In the morning, apply a small amount of eye cream each morning and massage lightly until complete absorption of the product.*

### **7. Creams:**

*Application: In the morning and evening, after using the previous serums, apply a hazelnut-sized amount on the face, the neck and the décolleté.*

### **8. Finishing Serum:**

*Application: In the morning and evening, apply 5 drops in the palm of your hand and pat onto the face, neck and the décolleté.*

### **9. Sunblock:** Photo Regulator SPF 25

*Application: as your last step, apply a generous amount to cover the face, the neck, the décolleté and hands. (re-apply during prolonged sun exposure)*

**Please note:** The P in P50 stands for peel as it is gently exfoliating your skin so there is no need for additional harsh peels. The 50 stands for 50 days or two epidermal cycles for your skin to re-balance. We ask that you give your skin this time to adjust to the products by wetting the cotton pad before applying the P50 to dilute it slightly. Due to their high potency, these products are highly effective but also have many active ingredients so you may feel them when applied to the skin. Slight "pinkness" is normal as well because the P50 is filled with acids but also vitamins and extracts to nourish the skin.

Best results are achieved when you use the full regimen as prescribed. The P50 toner is formulated to be used twice a day. While your skin acclimates to the P50 it is advised that you cut back or discontinue the use of any products containing acids (AHA/BHA's) or retinols (vitamin A). This process takes about 4-8 weeks.