

PcomPlex skin care products method of use

- **Salicylic Wash:** drop a pea-size on wet hands and massage into face and neck, then wash off with warm water - morning and night
- **Salicylic Wash Plus:** drop a pea-size on wet hands and massage onto face and neck, then wash off with warm water - morning and night
- **Grapefruit Cleansing Wash:** drop a pea-size on wet hands and massage onto face and neck, then wash off with warm water – morning and night
- **Beta Booster:** while face and hands are still wet, put half a pump into hand and massage your face, neck and chest - morning and night
- **Alpha C:** apply half drop onto face, neck and chest - morning and night
- **Collagen Triple Helix:** Apply ½ dropper face, neck and chest after Alpha
- **Eye Serum:** apply a small amount on the bone of the upper and lower lid – morning and night
- **Eye Cream:** apply a small amount on the bone of the upper and lower lid - morning and night
- **Hydro Shield:** massage half dropper onto face, neck and chest - morning and night
- **MandeLift:** use on top of Beta Booster all over face, neck and chest
- **Super Cream:** dab small amount onto affected area only.
You may repeat in the morning if area still affected

- **Collagen Hydro Cream:** massage a small amount onto face, neck and chest
- **Oxygen (O2) Super Day Cream:** massage small amount onto face, neck and other oily/acne areas
- **Super Moisturizing Cream:** apply liberally over face, neck and chest.
- **Collagen Night Cream w/Peptides:** apply liberally at night over face, neck and chest
 - Use on neck 2x daily AM/PM
- **Oil Free Moisturizer:** apply liberally 2x daily over B-Booster and Alpha C
- **Silicone Sealer W/SPF 20 ALL skin types:** apply on top of moisturizer to seal products in (especially before/during flights and when traveling to dry or high-altitude areas)
- **Soothing Balm:** apply liberally on lips as needed
- **Healing K Cream:** apply on top of moisturizers for extra healing on compromised areas
- **ExfoGel:** apply liberally *ONLY at NIGHT* on face, neck, chest and upper arms
- **ExfoCream:** apply liberally *ONLY at NIGHT* on face, neck, chest and upper arms
- **Hydrating C Cream with Niacin B3:** apply thin layer over face, neck, chest & back of hands – AM/PM – before applying moisturizing cream(s)
- **Arctic Relief:** apply liberally to sore muscles & joints for lasting pain relief