



STEP 1-PRE-CLEANSE (optional)

Apply ½ pump CIRCADIA **Vitamin Veil Cleanser**. Cleanse in circular motions and remove thoroughly.

STEP 2-CLEANSE

Apply 1 pump **cleanser** to face and cleanse in circular motions. Remove thoroughly. Pat skin dry.

Cleanser (choose one)	Skin Type
CIRCADIA <b>Lipid Replacing Cleansing Gel</b>	Normal, Sensitive
VIVIER <b>HEXAM Cleanser</b>	Sensitive, Rosacea

STEP 3- EXFOLIATE & STEAM

Mix ½ tsp. CIRCADIA **Cocoa Enzyme powder** and 1 ½ tsp. CIRCADIA **Cocoa Enzyme Activator** into a portion cup. Apply with a fan brush to face & neck. Apply damp 4X4 compress over entire face followed by either steam or hot towel for 5-10 min. Thoroughly remove all product with warm towel or 4X4 gauze. Pat skin dry.

**\*\$50 OPTIONAL UPGRADE (FOLLOW VIVIER PEEL PROTOCOL)**

Peel	Skin Type
<b>Vivier Peel</b>	Hyperpigmentation, Aging

STEP 4-INFUSE

Spray CIRCADIA **Aloe & Calendula Calming Mist** to face with hands followed by light tapotement.

STEP 5-Nourish & Massage

Apply CIRCADIA **Aquaporin Hydrating Cream** + CIRCADIA **Post Peel Balm** and massage into skin for 5-10 mins



STEP 6 -Mask

Dispense 1 tsp. of **Mask** into portion cup. Apply evenly to face & neck with fan brush. Leave on for 10 minutes. Remove mask with lukewarm towel and 4X4 gauze. Pat skin dry.

Mask (choose one)	Skin Type
CIRCADIA <b>Cooling Gel Mask</b>	Sensitive, Rosacea, Chronic Inflammation
VIVIER <b>Ultra Hydrating Mask</b>	All Skin Types

**\*\*Perform Hand & Arm Massage using massage crème/oil during mask**

STEP 8-CUSTOMIZED INFUSION

Spray CIRCADIA **Aloe & Calendula Calming Mist** to face. Apply 2 drops/pumps of calming treatment and complete 2-3 minute ice globe massage.

Calming Treatment (choose one)	Skin Type
CIRCADIA <b>Chrono-Calm</b>	Sensitive, Rosacea, chronic inflammation (quicker calming if inflammation was caused)
VIVIER <b>Redness Solution Complex</b>	Sensitive, Rosacea

STEP 9- Eye Care

Gently stipple ½ pump/½ teaspoon of eye product to eye area

Eye Product (choose one)	Skin Type
CIRCADIA <b>Emergency Eye Lift</b>	All, Immediate tightening, firming
VIVIER <b>Radiant Eye Contour Cream</b>	All Skin Types

STEP 10-Hydrate & Protect

Apply 1 pump/1tsp of Hydration to the face, neck and décolletage.

Hydration (choose one)	Skin Type
CIRCADIA <b>Post Peel Balm</b>	Sensitive, Rosacea, Compromised Barrier, Dehydrated
VIVIER <b>LEXXEL</b>	All Skin Types, Dry, Compromised Skin

**\*\*Apply equal parts Post Peel Balm & Light Day Sunscreen Broad Spectrum SPF-37 to face & neck if you select Circadia products**

Apply sunscreen to face & neck

Sunscreen (choose one)	Skin Type
<b>CIRCADIA Light Day Sunscreen SPF 37</b>	Chemical Defense
<b>VIVIER Sheer SPF 30</b>	Physical Defense