

CSLA Skincare Products & Personal Home Care Routine

Please read your home care product instructions carefully. Communication is critical as adjustments and modifications may be needed for maximum results. The outcome of the clarity of your skin depends on your commitment to treatments and home care usage. Please do not hesitate to contact us- we want to help!

Sensitive Facial Shampoo	Wet face and neck area with tepid (not hot, not cold) water, gently massage into skin. Rinse off thoroughly and pat dry gently. Double-cleanse if needed.
Green Facial Shampoo	
Extra Strength Facial Shampoo	
Gentle Polishing Scrub	Apply dime size of product to fingertips, apply water and massage GENTLY (without pressure) on skin for 2-3 minutes. Rinse well.
Hyaluronic Moisturizer	Apply a thin layer to face, neck and around eyes. Hyaluronic Moisturizer may be used on clean skin or on top of topical medications once they have dried.
Brightening Antioxidant Moisturizer	Apply a thin layer to face and neck, avoiding eyes. Antioxidant Moisturizer may be used on clean skin or on top of topical medications once they have dried.
Coola Classic SPF 50 White Tea	Apply as the last step of your routine during the day. Apply 20 minutes before going outdoors and apply every 1-2 hours if in the sun.
Mandelic Acid Serum	Apply a pea sized amount evenly to clean dry skin. Avoid eyes.
pHresh Face Correction Pads	Swipe pad gently on clean dry skin, starting at the forehead/outer area of the face and move inward. Medicated products can cause dryness so avoid eye, nose and lip corners. Let dry completely before applying any additional products.
5% or 10% Benzoyl Peroxide	Cleanse the skin. Apply a pea sized amount to fingers and apply starting at the outer edge of the face moving inward. Medicated products can cause dryness so avoid eye, nose, and lip corners. Let dry completely before applying any additional products.
Peeling Lotion	
Biological Mask	Cleanse the skin and apply a light even coat to the entire area. Avoiding eye, nose, and mouth corners. Allow mask to dry completely for approximately 10-20 minutes. Rinse off with tepid (not hot, not cold) water and pat dry gently.
Micell-A Oral Supplement	Suggested for cystic acne/very oily skin. Use one full spray in the mouth each morning for one week on then one week off. Take with a glass of water.
Ice Cup	Roll ice on skin for 20-40 seconds. KEEP ICE MOVING! Do not hold ice in one place for a long period of time. Ice can burn the skin just like heat. Pat skin dry. (always let your skin dry before applying any additional products)



Personal Home Care Routine

Client Name: _____ Date: _____

Mornings (A.M.)

Mid-Day or Eve

* Always wash if oily or before/after workout.

1	Wash	1	
2	Ice	2	
3		3	
4		4	
5		5	

Before Bed (P.M.)

Night 1		Night 2		Night 3	
1	Wash	1	Wash	1	Wash
2	Ice	2	Ice	2	Ice
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
Night 4		Night 5		Night 6	
1	Wash	1	Wash	1	Wash
2	Ice	2	Ice	2	Ice
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	

**And remember...
hands off,
DON'T PICK!**

NOTES: