

# REVERSE Regimen

## Ramp up + Usage

### HOW DO I USE THE REVERSE REGIMEN?

When starting a new, potent skincare routine, use once every other day for the first week or two and increase to twice daily as tolerated, avoiding the eye area.

#### Step 1: REVERSE Deep Exfoliating Cleanser

1. Wet skin and gently massage evenly over the face.
2. Rinse well + pat dry.

#### Step 2: REVERSE Intensive Brightening Toner

1. After cleansing, use a gauze pad to apply over face + neck.
2. Do not rinse; allow to dry.

#### Step 3 AM: REVERSE Brightening Defense Lotion Broad Spectrum SPF 50 Mineral Sunscreen

1. Apply liberally and evenly over face + neck.

#### Step 3 PM: REVERSE Tone Correcting Treatment

1. Apply liberally and evenly over face + neck.

#### DURING RAMP UP:

- Remember: increase to twice daily use *as tolerated*. If your skin is more sensitive and needs more time to acclimate, keep using the regimen every other day through week 2.
- Use mild cleansers, moisturizers and sunscreens as you ramp up to using the REVERSE Regimen twice a day. SOOTHE is a good option during ramp up.
- Avoid other products containing Retinols, Alpha-hydroxy Acids such as Glycolic, chemical peels, microdermabrasion, or any scrubs and mechanical brushes
- Omit the Broad-Spectrum SPF (Step 3 AM) in the evening.
- If redness or irritation occurs, stop using the REVERSE Regimen and ask your pharmacist or doctor for recommendations to calm skin. Contact RF Connection for suggestions.
- For additional information and answers to frequently asked questions, please visit RF Connection at [www.rodanandfields.com/helpcenter](http://www.rodanandfields.com/helpcenter)
- To contact RF Connection directly email at [rfconnection@rodanandfields.com](mailto:rfconnection@rodanandfields.com)

Disclaimer: The information in this flyer is not intended to be used as a substitute for medical advice. Results may Vary depending upon the individual and will depend on multiple factors including your age, gender, skin type and condition, concomitant products used, health history, where you live (climate, humidity), lifestyle and diet. Rodan + Fields makes no guarantee as to the results that you may experience.

Begin the REVERSE Regimen slowly in order to let skin acclimate. Follow the schedule to ramp up for best results:

| Week 1  | Day 1          | Day 2          | Day 3          | Day 4          | Day 5          | Day 6          | Day 7          |
|---------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Morning | Step 3 AM ONLY |                | Step 3 AM ONLY |                | Step 3 AM ONLY |                | Step 3 AM ONLY |
| Night   | ●              |                | ●              |                | ●              |                | ●              |
| Week 2  | Day 1          | Day 2          | Day 3          | Day 4          | Day 5          | Day 6          | Day 7          |
| Morning | Step 3 AM ONLY | Step 3 AM ONLY | Step 3 AM ONLY | Step 3 AM ONLY | Step 3 AM ONLY | Step 3 AM ONLY | Step 3 AM ONLY |
| Night   | ●              | ●              | ●              | ●              | ●              | ●              | ●              |
| Week 3  | Day 1          | Day 2          | Day 3          | Day 4          | Day 5          | Day 6          | Day 7          |
| Morning | ●              | Step 3 AM ONLY | ●              | Step 3 AM ONLY | ●              | Step 3 AM ONLY | ●              |
| Night   | ●              | ●              | ●              | ●              | ●              | ●              | ●              |
| Week 4  | Day 1          | Day 2          | Day 3          | Day 4          | Day 5          | Day 6          | Day 7          |
| Morning | ●              | ●              | ●              | ●              | ●              | ●              | ●              |
| Night   | ●              | ●              | ●              | ●              | ●              | ●              | ●              |