

# SPOTLESS Regimen

## Ramp up + Usage

### HOW DO I USE THE SPOTLESS 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. Your skin will need approximately three weeks to adjust to the key ingredients.

#### Step 1: SPOTLESS Daily Acne Wash

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

#### Step 2: SPOTLESS Acne Clearing Treatment

1. After cleansing, apply over face area. Avoid eye area.

- During the first three weeks, use a gentle cleanser and moisturiser when not using the Regimen. Avoid exfoliating products such as chemical peels, mechanical brushes, wash cloths or micro-dermabrasion.
- If your skin becomes clear of acne pimples at week two or three, you may continue with that schedule and not advance not advance to twice a day. However, if you begin to break out, simply continue to advance to twice a day as directed and tolerated.
- If redness and/or irritation occur, take a break from the Regimen for 2-3 days. During this time, we recommend using gently, calming products that reduce the appearance of redness such as those in the SOOTHE Regimen.
- Benzoyl Peroxide will fade colours. Be sure to use white towels and linens.
- For additional information and answers to frequently asked questions, please visit RF Connection at [www.rodanandfields.com/helpcentre](http://www.rodanandfields.com/helpcentre)
- To contact RF Connection directly email at [rfconnectionau@rodanandfields.com](mailto:rfconnectionau@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.

Ease into the SPOTLESS Regimen to let skin acclimate. Follow the schedule to ramp up for best results:

<u>Week 1</u>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	●		●		●		●
Night							
<u>Week 2</u>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	●	●	●	●	●	●	●
Night							
<u>Week 3</u>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	●	●	●	●	●	●	●
Night		●		●		●	
<u>Week 4</u>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	●	●	●	●	●	●	●
Night	●	●	●	●	●	●	●