

# R+F PAIRED Regimen for Wrinkles + Uneven Skin Tone

## Ramp up + Usage

### Step 1 AM/PM: REVERSE Deep Exfoliating Cleanser

- Use once every other day for the first week. Increase to 2x daily as tolerated.

### Step 2 AM/PM: REDEFINE Pore Refining Toner

- Use 2x daily after cleansing.

### Step 3 AM: REDEFINE Triple Defense Cream or Lotion SPF 15

- Use on face, neck + décolleté every morning.

### Step 3 PM: ENHANCEMENTS Multi-Acid Enzyme Peel

- Apply 2-3 pumps to face + 2-3 pumps to neck + décolleté. Leave-on. Use 3x per week.

### Step 3 PM: REDEFINE Overnight Restorative Cream or Overnight Reporative Lotion

- Use on face + neck every evening.

#### 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 week 1 usage recommendation for longer.
- Use mild cleansers, moisturisers and sunscreens as you ramp up to recommended usage. SOOTHE is a good option during ramp up.
- Avoid additional products containing Retinols, Alpha-hydroxy Acids such as Glycolic, chemical peels, microdermabrasion, or any scrubs and mechanical brushes
- If redness or irritation occurs, stop using the 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 [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.

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

Week 1		Cleanser	Toner	Peel	PM Cream	AM Cream
Day 1	AM		X			X
	PM	X	X		X	
Day 2	AM		X			X
	PM		X	X	X	
Day 3	AM		X			X
	PM	X	X		X	
Day 4	AM		X			X
	PM		X	X	X	
Day 5	AM		X			X
	PM	X	X		X	
Day 6	AM		X			X
	PM		X	X	X	
Day 7	AM		X			X
	PM	X	X		X	

Week 2 - 8		Cleanser	Toner	Peel	PM Cream	AM Cream
Day 1	AM	X	X			X
	PM	X	X		X	
Day 2	AM	X	X			X
	PM	X	X	X	X	
Day 3	AM	X	X			X
	PM	X	X		X	
Day 4	AM	X	X			X
	PM	X	X	X	X	
Day 5	AM	X	X			X
	PM	X	X		X	
Day 6	AM	X	X			X
	PM	X	X	X	X	
Day 7	AM	X	X			X
	PM	X	X		X	