

# UNBLEMISH Regimen

## Ramp up + Usage

### HOW DO I USE THE UNBLEMISH 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. When using the Refining Acne Wash, ensure you avoid the eye area and rinse well, keeping the eyes closed while washing. Keep a towel handy and keep your eyes closed.

#### Step 1: UNBLEMISH Refining Acne Wash

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

#### Step 2: UNBLEMISH Clarifying Toner

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

#### Step 3: UNBLEMISH Dual Intensive Acne Treatment

1. Apply liberally and evenly over face + neck. Avoid eye area.

#### Step 4: UNBLEMISH Invisible Matte Defense Broad Spectrum SPF 35

1. In morning, apply liberally and evenly over face + neck. Avoid eye area
- Your skin will need approximately three weeks to adjust to the ingredients. During the first three weeks, use a gentle cleanser, toner, moisturizer + sunscreen for off days. Avoid all chemical peels, mechanical brushes + micro-dermabrasion.
  - If redness + irritation occur, take a break from the Regimen for two to three days. During this time, we recommend using gentle, calming products that reduce the appearance of redness like those in the SOOTHE Regimen.
  - If your skin becomes clear of blemishes at week two or three, continue with that schedule; do not advance to twice a day. However, if you begin to break out, simply continue to advance to twice daily as directed + tolerated.
  - If skin begins to feel tight or dry, layer in Active Hydration Serum to add instant hydration to skin. Use after toning, before Step 3.
  - Once skin has acclimated to the UNBLEMISH Regimen, add in REDEFINE Intensive Renewing Serum in PM after the Dual Intensive Acne Treatment for greater anti-ageing benefits.
  - 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 UNBLEMISH 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	●	●	●	●	●	●	●