

# R+F PAIRED Regimen for Acne + Sensitivity

## Ramp up + Usage

### Step 1 AM/PM: UNBLEMISH Refining Acne Wash

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

### Step 2 AM/PM: UNBLEMISH Dual Intensive Acne Treatment

- Dispense 1-2 pumps from each chamber + blend together. Use once every other day for the first week. Increase to 2x daily use as tolerated.

### Step 3 AM/PM: SOOTHE Sensitive Skin Treatment

- Apply evenly to face 2x daily. Do not rinse.

### Step 4 AM: UNBLEMISH Invisible Matte Defense Broad Spectrum SPF 30

- Use on face + décolleté once every other day for the first week. Increase to daily use as tolerated.

#### 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, moisturizers 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 [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 your Regimen slowly in order to let skin acclimate. Follow the schedule to ramp up for best results:

Week 1		Cleanser	Acne Treatment	Treatment	SPF	Week 2		Cleanser	Acne Treatment	Treatment	SPF
Day 1	AM	X		X	X	Day 1	AM	X		X	X
	PM	X	X	X			PM	X	X	X	
Day 2	AM	X		X	X	Day 2	AM	X		X	X
	PM	X		X			PM	X	X	X	
Day 3	AM	X		X	X	Day 3	AM	X		X	X
	PM	X	X	X			PM	X	X	X	
Day 4	AM	X		X	X	Day 4	AM	X		X	X
	PM	X		X			PM	X	X	X	
Day 5	AM	X		X	X	Day 5	AM	X		X	X
	PM	X	X	X			PM	X	X	X	
Day 6	AM	X		X	X	Day 6	AM	X		X	X
	PM	X		X			PM	X	X	X	
Day 7	AM	X		X	X	Day 7	AM	X		X	X
	PM	X	X	X			PM	X	X	X	

Week 3		Cleanser	Acne Treatment	Treatment	SPF	Week 4 - 8		Cleanser	Acne Treatment	Treatment	SPF
Day 1	AM	X		X	X	Day 1	AM	X	X	X	X
	PM	X	X	X			PM	X	X	X	
Day 1	AM	X	X	X	X	Day 1	AM	X	X	X	X
	PM	X	X	X			PM	X	X	X	
Day 1	AM	X		X	X	Day 1	AM	X	X	X	X
	PM	X	X	X			PM	X	X	X	
Day 1	AM	X	X	X	X	Day 1	AM	X	X	X	X
	PM	X	X	X			PM	X	X	X	
Day 1	AM	X		X	X	Day 1	AM	X	X	X	X
	PM	X	X	X			PM	X	X	X	
Day 1	AM	X		X	X	Day 1	AM	X	X	X	X
	PM	X	X	X			PM	X	X	X	