

R+F PAIRED Regimen for Wrinkles + Occasional Acne

Ramp up + Usage

Step 1 AM/PM: REDEFINE Clay Cleanser

- To use as a cleanser, wet skin + gently massage then rinse.
To use as a mask, allow to dry for 2 minutes then rinse.

Step 2 AM/PM: UNBLEMISH Clarifying Toner

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

Step 3 AM: REDEFINE Triple Defense Lotion SPF 30

- Use on face, neck + décolleté every morning.

Step 3 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 daily use as tolerated.

Step 4 PM: REDEFINE Overnight Reparative 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, 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
- To contact RF Connection directly email at 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	Toner	Treatment	PM Lotion	AM Lotion
Day 1	AM	X				X
	PM	X	X	X	X	
Day 2	AM	X				X
	PM	X			X	
Day 3	AM	X				X
	PM	X	X	X	X	
Day 4	AM	X				X
	PM	X			X	
Day 5	AM	X				X
	PM	X	X	X	X	
Day 6	AM	X				X
	PM	X			X	
Day 7	AM	X				X
	PM	X	X	X	X	

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