

# Small Batch Custom Skin Care

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## How to Layer Cosmetics:

In general, layer products from lightest to heaviest, thinnest to thickest.

### Daily Regimen – apply products in this order to a cleansed face:

- |                         |              |
|-------------------------|--------------|
| 1. Toner (alcohol-free) | 4. Creams    |
| 2. C Serum              | 5. Sunscreen |
| 3. Oils                 | 6. Makeup    |

### Variables:

- At bedtime leave out the sunscreen and makeup.
- Do you have to use all these products? No, but keep the same order of application.
- Ideally this regimen should be done morning and bedtime. However, if you have busy days you may not be able to find time, so if you only have space in your life for once a day, then do #1-4 at night and #5-6 in the morning.
- If you are doing a home chemical peel, or a face masque that has AHA or BHA, then skip the C Serum for that time.
- The best time to do a face masque or a home chemical peel is at night, so there are more hours before you expose your skin to the sun.
- Don't do an AHA/BHA face masque and a home chemical peel on the same day because they both have (alpha or beta) acids in them. You could, however, do a peel and then a **hydrating** face masque, in that order.
- If you apply a prescription from your Dermatologist, please consult him/her for how to include the product into the regimen.
- If you use a serum that has copper peptides, do not use a C-serum, because they cancel each other out. Instead, use one in the morning and the other one at night.
- Do you apply more than one serum or cream? If so, ideally wait several minutes between applying multiples, but still use the same principal of thin to thick, light to heavy.
- Number your products if it helps you to remember which order to apply them.
- If you have a special treatment from a skin care professional, such as laser treatment, chemical peel, dermal fillers, etc., follow their instructions for post treatment skin care until your skin has completely healed, then return to your normal routine.