



## SKIN CARE ROUTINE GUIDE ANTI-AGING



Welcome to the start of your new Lexli skin care routine! The steps outlined in this guide will not only help to optimize the quality of your skin but will also address signs of aging.

Before you begin, it's important to ensure you are using the skin care routine that is best for you. If you haven't yet taken the [Lexli Skin Care Quiz](#), we advise doing so before getting started.

There are several things to be aware of before beginning the Lexli Anti-Aging Skin Care Routine:

- This routine includes regular use of AloeGlyC<sup>®</sup>, an exfoliator with a low pH to effectively exfoliate, along with a concentration of pure aloe vera to reduce skin inflammation. Exfoliation thins the outermost layer of dead skin cells which, in turn, helps to thicken the dermis layer where essential skin proteins, like elastin and collagen, are formed. This not only helps to improve overall skin function, it also allows other skin care products to more easily penetrate the skin, improving their effectiveness. While exfoliation can help to repair sun damage, it also increases the skin's sensitivity to the sun. Therefore, it is essential that sunscreen be used regularly when using an exfoliator in your skin care routine.
- Individuals vary in the frequency with which their skin can handle exfoliation. While we believe a twice-daily exfoliation routine offers optimal results, some individuals may only tolerate use of AloeGlyC several times per week. The routine outlined below helps you to find the right frequency for your skin.
- This routine focuses on meeting the skin's basic needs, repairing skin damage and protecting the skin from photoaging, the primary cause of premature skin aging. For that reason, we consider each product highlighted herein to be essential, unless it is noted as optional.

Next, be sure you have the necessary products and tools.

### SKIN CARE PRODUCTS:



### TOOLS:



We highly recommend taking "before" photos before getting started. Three images should be taken, all in natural lighting, such as near a window, without makeup: frontal face, right side, left side. It works best to have a friend help you with this step.

### TAKING "BEFORE" PHOTOS:



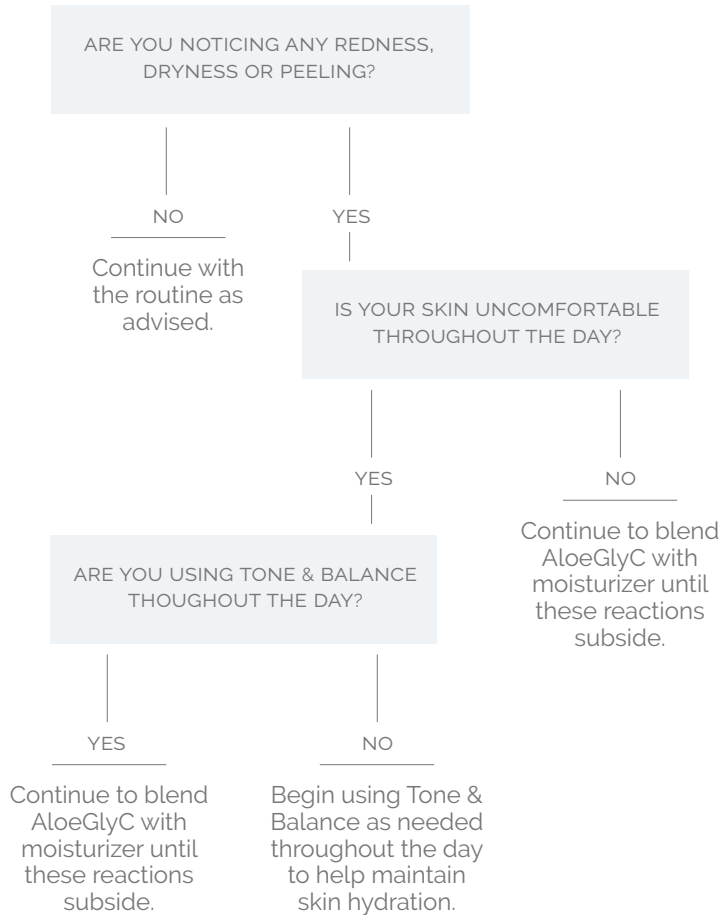


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## WEEK 1 CHECK-IN

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At the end of week 1, observe your skin in the mirror and compare it to your "before" photo. Detail below any changes you notice in your skin in the notes area below.



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## WEEK 1 NOTES

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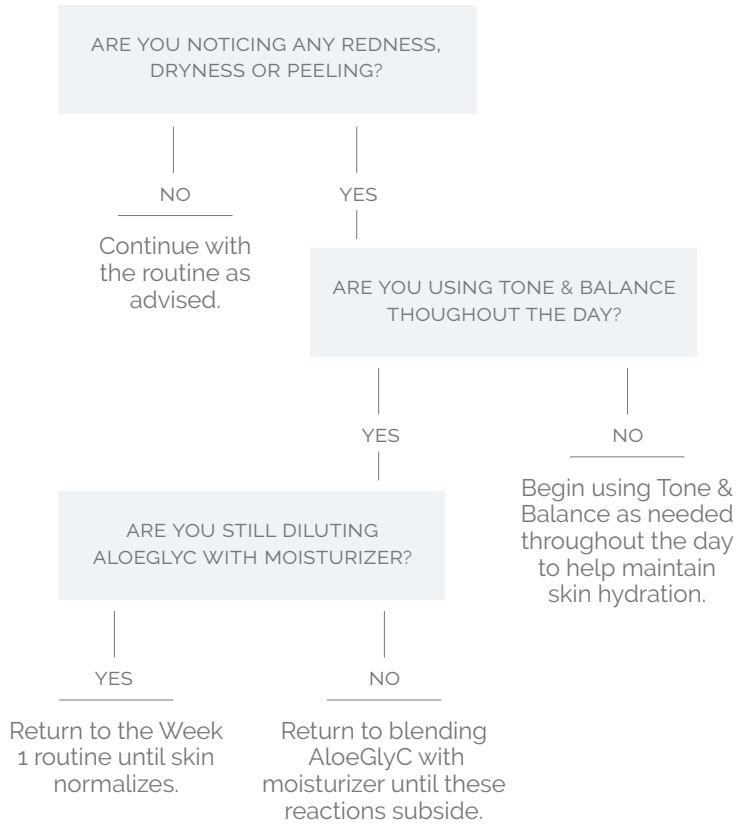


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## WEEK 2 AND 3 CHECK-IN

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At the end of weeks 2 and 3, observe your skin in the mirror and compare it to your "before" photo. Detail below any changes you notice in your skin.



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## WEEK 2 AND 3 NOTES

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## WEEK 4 CHECK-IN

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At the end of week 4, take another round of photos. Among the positive improvements you may notice after a month of consistent implementation of the Lexli Anti-Aging Skin Care Routine are:

- Skin is softer and texture is improved
- Areas of hyperpigmentation are beginning to lighten
- Breakouts are less frequent
- Skin is no longer dull and even "glows"
- Skin is less sensitive
- Skin is less dry and oil levels are balanced

Outline below any changes you've noticed in your skin.

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## WEEK 4 NOTES

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Looking for more information about skin care and addressing signs of aging? Download a free e-book version of Lexli Founder, Dr. Ahmed Abdullah's book,

Additionally, articles about preventing and addressing signs of aging are available on the [Lexli blog](#) found on the Lexli website.

*If you have questions about your Lexli Anti-Aging Skin Care Routine, contact us:*

Lexli International  
877-893-3417 |

