

SKIN CARE ROUTINE GUIDE



Welcome to the start of your new Lexli skin care routine! The SKIN CARI

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[®], 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. <u>Therefore, it</u> is essential that sunscreen be used regularly when using an <u>exfoliator in your skin care routine</u>.
- 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:



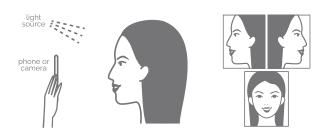
CLEAN WASHCLOTH

CLEAN C TOWEL

COSMETIC ROUNDS (OPTIONAL)

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:



WEEK 1

During the first week of implementing the Lexli Anti-Aging Skin Care Routine, you may find that your skin reacts a bit as it adjusts to use of AloeGlyC. This is common in those who did not previously have a regular exfoliation practice. This may result in skin becoming temporarily drier or appearing slightly reddened. In rare cases, breakouts and/or peeling may occur. These side effects may be avoided by following the routine presented here, which slowly builds to a full-strength application.

CLEANSING LOTION

Massage onto moistened skin. Rinse off. Blot skin dry.

TONE & BALANCE

To remove last traces of dirt and makeup, mist product onto skin and remove with cosmetic round. May also be spritzed onto skin throughout the day for added hydration and reduction of inflammation.

REVITAL-EYES

For prevention and treatment of eye-area concerns, including puffiness and fine lines. Gently pat a pea-size amount of product along the orbital bone until absorbed.

A-FIRM-ATIVE PEPTIDE SERUM

For targeted treatment of fine lines and wrinkles, smooth a small amount of product onto face and neck.

DAY MOISTURIZER WITH SPF 30 Massage onto face and neck at least 30 minutes before going outdoors to ensure adequate UV protection.

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CLEANSING LOTION

TONE & BALANCE

ALOEGLYC

For the first week, apply AloeGlyC three nights a week, in the evening only. If your skin tends to be sensitive, blend AloeGlyC in the palm of your hand with an equal amount of moisturizer and apply. Allow to fully dry before next steps.

REVITAL-EYES

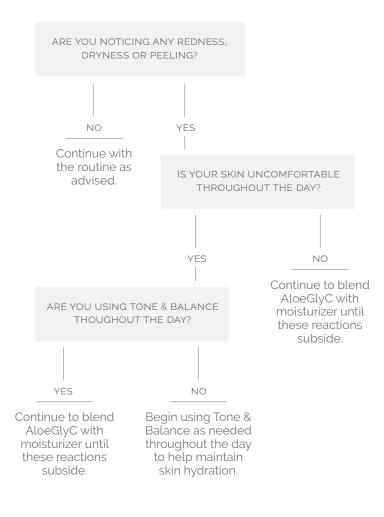
A-FIRM-ATIVE PEPTIDE SERUM

NIGHT MOISTURIZER Massage onto face and neck until absorbed.

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WEEK 1 CHECK-IN

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.



WEEK 1 NOTES

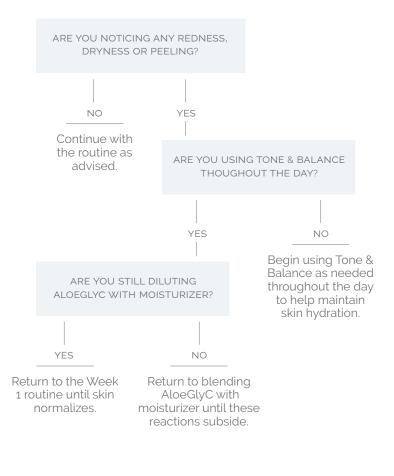
WEEKS 2 AND 3

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EVENING	A LOEGLYC In the second and third weeks you can use AloeGlyC every evening. If you experienced redness, dryness or peeling during the first week, continue to blend AloeGlyC in the palm of your hand with an equal amount of Night Moisturizer and apply. Allow to fully dry before next steps.	\bigcirc		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
	REVITAL-EYES	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
	A-FIRM-ATIVE PEPTIDE SERUM	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
	NIGHT MOISTURIZER	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	

Massage onto face and neck until absorbed.

WEEK 2 AND 3 CHECK-IN

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.



WEEK 2 AND 3 NOTES

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MORNING ROUTIN

CLEANSING LOTION

TONE & BALANCE

ALOEGLYC

In the fourth week you can begin adding AloeGlyC to your morning routine. While we suggest starting with three mornings a week, in addition to the evening application, if your skin is comfortable with this frequency you can use a full-strength application morning and evening.*

REVITAL-EYES

A-FIRM-ATIVE PEPTIDE SERUM

DAY MOISTURIZER WITH SPF 30

*If your skin shows a mild inflammatory response (redness, dryness or itchiness) to the addition of a morning application of AloeGlyC, continue using AloeGlyC full-strength at night but buffer it by blending it with Day Moisturizer in the daytime only, until skin can handle a full-strength application.

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CLEANSING LOTION

TONE & BALANCE

ALOEGLYC

REVITAL-EYES

A-FIRM-ATIVE PEPTIDE SERUM

NIGHT MOISTURIZER

WEEK 4 CHECK-IN

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.

WEEK 4 NOTES

WEEK 5 AND BEYOND

Now that you've become familiar with the Lexli Anti-Aging Skin Care Routine, you're the best judge of how to proceed.

If your skin is doing well with the week 4 routine, you may implement this version of the routine long-term, using AloeGlyC morning and evening. After several months you will notice fine lines and wrinkles becoming less prominent, along with continued improvement in skin texture, hyperpigmentation and overall skin quality and aesthetics.

If your skin is showing signs of redness or dryness with the week 4 routine, we suggest buffering AloeGlyC with the appropriate daytime or nighttime moisturizer until skin adjusts or reverting back to the week 2 and 3 regimen.

If your skin is tolerating the products well but you want to see greater improvement, consider adding a regular Lightening Lift mask to your routine. Lightening Lift provides skin with a temporary lifted appearance and helps to improve texture and tone.

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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 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 |

