

P·R·E·P·  
— cosmetics —

SKIN  
*care* 101  
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## Does everyone need a SKINCARE ROUTINE?

*Yes! A good, basic skincare routine is all most girls need to keep their skin looking great.*

*First time users of any new cleanser should start by using once every other night to prevent dryness and irritation. After a few weeks, progress to using the cleanser each evening.*

*Remember when cleansing to be gentle! Never scrub your face as this can strip away your natural oils and cause irritation. And don't forget to wash your hairline and jawline.*



## HOW MUCH product should you use?

*Each product was designed to last 30-60 days. We teach our girls the DOT METHOD (see picture reverse side). A little bit of product goes a LONG way.*

Lip Gloss	SPF Daily Moisturizer	Night Moisturizer	Cleanser

# HOW TO USE

**PREP daily for a lifetime of healthy skin.**



## **DOT METHOD DIRECTIONS:**

Put a **CHOCOLATE CHIP** size amount of product on your pointer finger. **Put a dot on your FOREHEAD, NOSE, CHIN + CHEEKS.** With both hands, gently use your fingers to rub into your skin. Place another **CHOCOLATE CHIP** size of product onto your pointer finger and use on your ears, neck, chest, back of hands and any other exposed areas.

*A good, basic skincare routine is all most girls need to keep their skin looking great!*



## **MORNING**

Rinse face with warm water if needed.

Apply P.R.E.P. SPF 30 daily moisturizer evenly on your face, neck, back of hands and any other exposed areas.

Apply P.R.E.P. SPF 15 lip gloss throughout the day to keep your lips hydrated, smooth and protected from the sun. Add colored lip gloss if desired.

## **NIGHT**

Gently wash your face with P.R.E.P. face cleanser and pat dry.

Apply P.R.E.P. night moisturizer as needed to treat/prevent dryness.

**Get a good night's rest as beauty sleep helps to repair your skin.**



*as seen in*

**People**

**EveryDay**  
*with Rachael Ray*

**teenVOGUE**

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