dōTERRA® ESSENTIAL SKIN CARE GUIDE

CLEANSE

Start and end the day with a good cleanser or exfoliating scrub. Cleansing is important to overall skin care and the best way to rid the skin of excess oils, makeup, pollution and other buildup. Use *dōTERRA Facial Cleanser* morning and night. For a deeper cleanse, use *dōTERRA Invigorating Scrub* 2–3 times per week or as needed.

TONE

In addition to reducing the appearance of pores, toning removes any traces of dirt and oil left on the skin after cleansing and prepares the skin for other skin care products or makeup. After cleansing, use *dōTERRA Pore Reducing Toner* morning and night.

TARGET

Treatment products target specific skin care concerns. Select these products based on your individual needs. Use *dōTERRA Brightening Gel* morning and/or night. Use *dōTERRA Tightening Serum* and *dōTERRA Anti-Aging Eye Cream* morning and night.

MOISTURIZE

Optimal hydration is key to preventing and treating the appearance of fine lines and wrinkles and other normal signs of aging. For lighter moisture and anti-aging benefits, use *dōTERRA Anti-Aging Moisturizer* morning and night. For deeper moisture and additional benefits, use *dōTERRA Hydrating Cream* morning and night as desired. For combination skin, use *Anti-Aging Moisturizer* in the morning and *Hydrating Cream* at night.