



**LIVE. LAUGH.**  
**WEAR**  
**SUNSCREEN**

EMME DIANE LIGHTEN UP  
SKIN CARE GUIDE

EMME DIANE

# LIGHTEN UP SKIN CARE

## MORNING ROUTINE

**1. Cleanse:** Massage a small amount of cleanser onto the skin, using your fingertips, for 30 to 60 seconds. (No skin brushes or buff puffs.) Rinse thoroughly with lukewarm water.

**2. Ice:** To stimulate circulation to bring on a healthy glow, massage 2 ice cubes onto the face for 1 minute in a continuous circular motion. Pat dry.

**3. Toner:** Spritz a cotton round with your toner and gently wipe your face and neck. You can also spritz your toner on your skin if you are feeling dry throughout the day or after makeup to set your foundation.

**4. Eye Cream of Choice:** (Optional and highly recommended!) Apply a small amount with your ring finger below and around your eye. Gently pat until the product is absorbed into the skin.

**5. Serum:** Apply a pea or dime-sized amount of \_\_\_\_\_ to your clean, dry face and neck. Massage in until the product has fully absorbed into the skin.

**6. Moisturizer:** Use a pea or dime-sized amount of \_\_\_\_\_ to the face and neck. Massage in until the product has fully absorbed into the skin.

**7. Sunscreen:** Using a dime-sized amount, apply to your entire face and neck. Reapply whenever in direct sun or after swimming or perspiring. Apply EVERY morning regardless if you plan to be indoors or outdoors.

## EVENING ROUTINE

**1. Cleanser:** (No skin brushes or wash cloths) Massage a small amount of cleanser onto the skin, using your fingertips, for 30 to 60 seconds. Rinse thoroughly with lukewarm water. Perform a second cleanse if you were wearing makeup. **Bonus Tip:** To remove face makeup, use Fragrance-Free Baby Wipes before cleansing. To remove eye makeup, use **Emme Diane Micellar Water**.

**2. Ice:** To stimulate circulation to bring on a healthy glow, massage 2 ice cubes onto the face for 1 minute in a continuous circular motion. Pat dry.

**3. Toner:** Spritz a cotton round with your toner and gently wipe your face and neck. You can also spritz your toner on your skin if you are feeling dry throughout the day or after makeup to set your foundation.

**4. Eye Cream of Choice:** (Optional and highly recommended!) Apply a small amount with your ring finger below and around your eye. Gently pat until the product is absorbed into the skin.

**5. Serum:** Begin by using every third night to slowly acclimate the skin. Then increase to every other night and eventually nightly as the skin tolerates. It can be drying and irritating at first, so please begin gradually. Apply a pea-sized amount of \_\_\_\_\_ to the entire face, being careful to avoid sensitive areas such as the eyes and neck.

**6. Moisturizer:** Use a pea or dime-sized amount of \_\_\_\_\_ to the face and neck. Massage in until the product has fully absorbed into the skin.

## #EMMETIPS

**After working out wash your face as quickly as possible after working out (15 minutes max!)**

**If you have Melasma, avoid friction (like clarisonics, microderm, scrubs), heat (like steam/saunas, lasers treatments) and hormonal birth control.**



Have questions or need advice? We'd love to help. Send us a note at [emme@emmediane.com](mailto:emme@emmediane.com).  
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