ESTREME CARE 30-DAY SKIN RECOVERY GUIDE

A simple, consistent body-care routine designed around four essential products.

01	Misty Rain Shower Gel	**CLEANSE**
02	Hydraburst Toner	**HYDRATE**
03	Pearlz & Shell Body Scrub	**EXFOLIATE**
04	Radiant Body Lotion	**MOISTURIZE**

THE PHILOSOPHY

Your recovery routine does not need to be complicated. The goal is to cleanse gently, replenish hydration, exfoliate thoughtfully and moisturize consistently.

YOUR 4-STEP RECOVERY SYSTEM

01 — Misty Rain Shower Gel

Cleanses the skin and prepares it for the rest of your routine.

02 — Hydraburst Toner

Adds lightweight hydration after cleansing.

03 — Pearlz & Shell Body Scrub

Exfoliates surface dead skin cells 1–2 times weekly.

04 — Radiant Body Lotion

Provides the finishing moisturizing layer and helps keep skin feeling soft and comfortable.

THE DAILY ORDER

Shower Gel → Toner → Lotion

THE SCRUB-DAY ORDER

Shower Gel → Scrub → Toner → Lotion

01 — MISTY RAIN SHOWER GEL

YOUR CLEANSING STEP

- Use daily.
- Apply to wet skin and gently massage over the body. Rinse thoroughly.
- Cleansing comes first because the skin needs to be free from sweat, dirt, excess oil and product residuebefore the rest of the routine.
- Helps leave the skin feeling clean and fresh.
- Helps prepare the skin for the products that follow.
- Your skin should feel clean—not painfully tight or squeaky.

02 — HYDRABURST TONER

YOUR HYDRATION STEP

- Use daily, after cleansing.
- After showering, pat the skin lightly so it is not dripping wet. Apply generously over the body and allow itto absorb.
- It follows cleansing because it adds lightweight hydration before the richer moisturizing layer.
- Helps skin feel softer and more comfortable.
- Helps reduce the feeling of dryness and tightness.
- TIP: Apply while the skin still feels fresh rather than waiting until it becomes completely dry and tight.

03 — PEARLZ & SHELL BODY SCRUB

YOUR EXFOLIATION STEP

- Use 1–2 times per week.
- Apply to damp skin and massage gently using circular motions. Rinse thoroughly.
- Exfoliation helps remove surface dead skin cells, but daily scrubbing can be too much for many skintypes.

- Helps improve the feel of rough skin.
- Leaves skin feeling smoother and more polished.
- Do not use on broken, irritated or freshly shaved skin. Do not scrub aggressively.

04 — RADIANT BODY LOTION

YOUR MOISTURIZING STEP

- Use daily, morning and/or evening.
- Apply generously after Hydraburst Toner while the skin is still comfortable and hydrated. Massage untilabsorbed.
- It comes last because it is the finishing moisturizing layer of the routine.
- Helps moisturize dry skin and reduce the feeling of tightness.
- Leaves skin feeling softer and smoother.
- Consistent moisturization is one of the simplest ways to support comfortable-looking skin.

WHY THIS ORDER?

1. CLEANSE

Misty Rain Shower Gel — Remove everyday buildup and prepare the skin.

2. HYDRATE

Hydraburst Toner — Add lightweight hydration after cleansing.

3. EXFOLIATE

Pearlz & Shell Scrub — Use only on selected days to smooth the surface.

4. MOISTURIZE

Radiant Body Lotion — Finish with your moisturizing layer.

IMPORTANT

The scrub is the exception to the everyday sequence. On regular days, skip the scrub. On scrub days, use it after the shower gel and before the toner and lotion.

YOUR 30-DAY ROUTINE

Day	Routine	Scrub
Monday	Shower Gel → Toner → Lotion	—
Tuesday	Shower Gel → Toner → Lotion	—
Wednesday	Shower Gel → Scrub → Toner → Lotion	✓
Thursday	Shower Gel → Toner → Lotion	—
Friday	Shower Gel → Toner → Lotion	—
Saturday	Shower Gel → Toner → Lotion	—
Sunday	Shower Gel → Scrub → Toner → Lotion	✓

Repeat this weekly pattern for four weeks. If your skin feels irritated, stop exfoliation and simplify the routine until comfortable.

PROGRESS PHOTOS

Take photos on Day 1, Day 7, Day 14, Day 21 and Day 30. Keep the lighting, camera, distance and angle as consistent as possible.

WHAT TO EXPECT

WEEK 1 — RESET & CONSISTENCY

- Skin may feel cleaner and more comfortable.
- Focus on learning the routine rather than chasing fast results.

WEEK 2 — HYDRATION

- Continue consistent hydration and moisturization.
- You may notice softer-feeling skin and less dryness.

WEEK 3 — TEXTURE & COMFORT

- Keep the same routine instead of constantly adding products.
- Pay attention to skin feel, texture, knuckles area and overall comfort.

WEEK 4 — MAINTAIN & ASSESS

- Compare your Day 1 and Day 30 photos.
- Look at overall changes rather than expecting one specific concern to disappear.

YOUR 30-DAY RECOVERY RULES

TRY TO AVOID

■ Scrubbing every day

■ Aggressive physical exfoliation

■ Combining several exfoliating products

■ Picking or scratching the skin

■ Very hot showers

■ Constantly switching products

■ Using the scrub on broken or irritated skin

MAKE THESE HABITS YOUR PRIORITY

■ Stay consistent with the four-product routine.

■ Be gentle with your skin.

■ Moisturize regularly.

■ Take your progress photos.

■ Give your routine time.

■ If a product causes persistent irritation, discontinue use and seek professional advice when appropriate.

YOUR 30-DAY COMMITMENT

Consistency > aggression.

You don't need a complicated routine to care for your skin. You need a routine you can follow consistently.

4 PRODUCTS.
4 SIMPLE STEPS.
30 DAYS OF CONSISTENCY.

ESTREME CARE

Choose Safe, Choose Estreme care.