

CALM & GLOW

Regimen

glymed⁺

Recommended Treatment Time: 10 Minutes

Description:

Designed for sensitive skin, this regimen pairs Oxygen and CBD to help calm, deeply hydrate and support a balanced, healthy-looking barrier. With consistent use, you'll notice your skin feels soothed, comfortable and more resilient—with a soft, natural glow.

For questions, contact your skincare professional.

MORNING

- 01** Cleanse with Illuminating Cleansing Oil. Dispense 1 – 2 pumps to dry hands and gently massage onto dry skin using circular motions. Add a small amount of water to emulsify, then continue massaging until the cleanser turns milky. Rinse thoroughly with lukewarm water and pat your skin dry.
- 02** Mist your skin with Skin Recovery Mist. To promote and maintain healthy skin, dispense Daily Skin Clarifier and CBD Soothing Serum into your palms and apply it to the face, neck and décolleté.
- 03** Balance and moisturize with Comfort Cream. Dispense it into your palms and apply it to the face, neck and décolleté. Do not neglect the eyes; apply a grain-size amount of Eye Calm to the entire eye area and massage until it is absorbed.
- 04** Protect the skin from UV rays and free radical damage with Pure Glow SPF 60 Oil. Apply a pea-size amount to the face, neck, décolleté and any other areas exposed to UVA/UVB rays. Reapply every two hours as needed for maximum protection.

EVENING

- 01** Perform the first cleanse with Illuminating Cleansing Oil. Dispense 1 – 2 pumps to dry hands and gently massage onto dry skin using circular motions. Add a small amount of water to emulsify, then continue massaging until the cleanser turns milky. Rinse thoroughly with lukewarm water and pat your skin dry.
- 02** Perform the second cleanse with Idyllic Cleanser. Dispense 1 pump into your palms and emulsify it with water to create foam. Massage it onto the skin for 1 – 2 minutes, avoiding the eye area, then rinse with warm water.
- 03** Mist your skin with Skin Recovery Mist. To promote and maintain healthy skin, dispense Daily Skin Clarifier and CBD Soothing Serum into your palms and apply it to the face, neck and décolleté.
- 04** Balance and moisturize with Comfort Cream. Dispense it into your palms and apply it to the face, neck and décolleté. Do not neglect the eyes; apply a grain-size amount of Eye Calm to the entire eye area and massage until it is absorbed.

DURING the WEEK

Once a week, in the evening after the second cleanse, apply CBD Hydratherapy Masque to the face, neck and décolleté for 5 – 7 minutes. Rinse with tepid water. Finish the remaining steps.