



P.M. Skincare Routine

- Remove makeup with Clinique Take The Day Off Cleansing Balm
- Wash face with CereVe Hydrating Facial Cleanser
- Apply Tretinoin (Retin-A) 0.05% (This is the strength I use. Most women start at lower strength.)
- Use Nature Well Retinol product to neck, chest, other areas
- Apply Alpha Skin Care Essential Renewal Lotion 10% Glycolic Acid to face and neck
- Apply Olay Regenerist Micro-sculpting Cream to face and neck