

HOW TO USE THE OBAGI SKINCARE SYSTEM

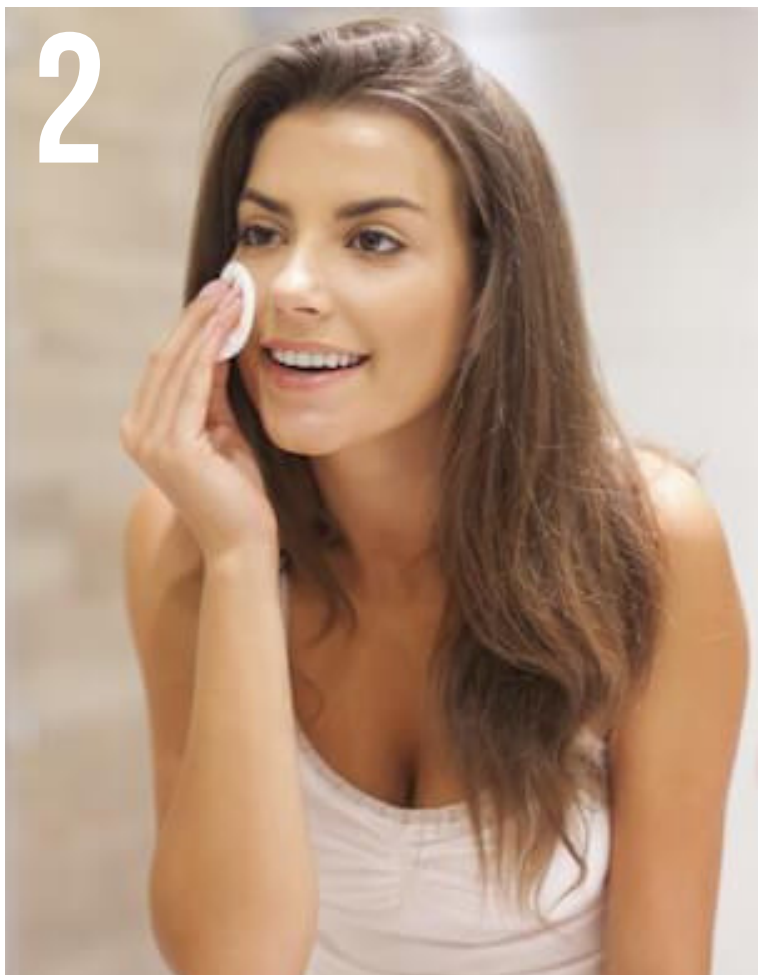
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METHOD 1: USING THE OBAGI NU-DERM® SYSTEM



Cleanse your face. Start by cleansing your face with the gentle cleanser (normal to dry skin) or foaming gel (normal to oily skin). This cleanser is designed to remove everyday dirt, grime, and makeup from your skin. The cleanser will leave you with a clean and fresh complexion. Use the cleanser twice a day, once during your morning routine and again during your nighttime routine.

Tone your skin. After cleansing, apply the toner (same product for all skin types) to your skin in order to re-balance the pH levels of your skin. The toner is designed not to dry out your skin. Use the toner twice a day, once during your morning routine and again during your nighttime routine.



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Use the “Clear” product. “Clear” is the brand name of the step 3 product, which contains prescription-strength hydroquinone. “Clear” is designed to help correct the various discolourations on your skin to leave you with a more even skin tone. The same product is used for all skin types.

The “Clear” product is only available by prescription.

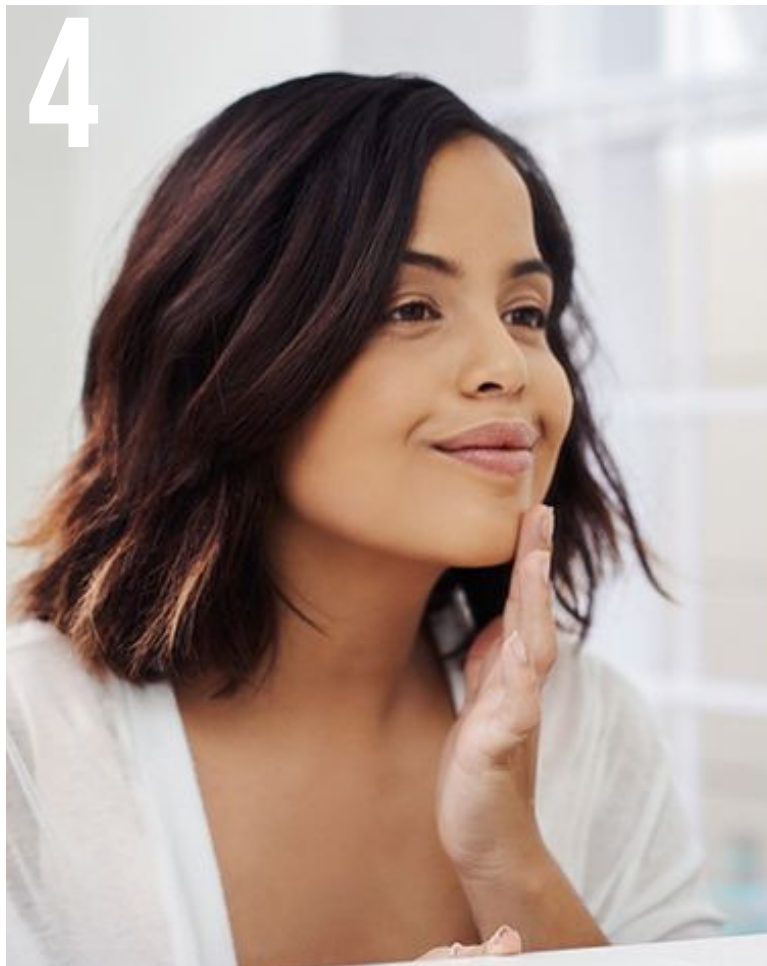
Be sure to talk with your doctor about the use of hydroquinone and its potential side effects.

Use the “Clear” product twice a day, once during your morning routine and again during your nighttime routine.

Exfoliate your skin with Exfoderm®. The step 4 product, Exfoderm® (for normal to dry skin) or Exfoderm® Forte (for normal to oily skin), is designed to exfoliate the skin on your face to help remove dead skin cells. This type of exfoliation helps to reveal newer skin cells which help give you a brighter and clearer complexion.

Use Exfoderm® only once a day, during your morning routine.

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Remove age spots with Blender®. Blender®, the step 5 product, also contains prescription-strength hydroquinone. Blender® is designed to gradually lighten your skin in order to remove age or sun spots and other types of discolouration that may appear on your face. The same product is used for all skin types.

Blender® is available only by prescription. Be sure to talk with your doctor about the use of hydroquinone and its potential side effects.

Use Blender® only once a day, during your nighttime routine.

Moisturize dry areas. Step 6 of the Obagi Nu-Derm® system is Hydrate™, which is designed to help moisturize and hydrate the dry and flaky parts of the skin on your face. You only need to use Hydrate™ if you find these dry areas. The same product is used for all skin types.

Use Hydrate™ as needed during either your morning or nighttime routine.

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7 **Protect** your skin from the sun. If you are using any of the Obagi systems that includes a product with hydroquinone it is essential that you always use sunscreen on your face. Unfortunately hydroquinone causes even the smallest amount of exposure to sunlight to create a melanocytic activity, which in turn can cause skin cancer. Obagi offers a product called Sun Shield Matte Broad Spectrum SPF 50 specifically designed to be used with the Obagi systems. It offers both UVA and UVB protection for your skin, and comes in a sheer, matte finish.

This sunscreen can be used on all skin types.

Sunscreen only needs to be applied after you've completed your morning routine. You do not need to apply sunscreen before you go to bed.

Add one or more complementary products. Obagi's also had three products which can be used in conjunction with the Nu-Derm® System.

Sunfader® is a cream product that can be used as the last step (before sunscreen) to target specific discoloured spots on your face. It contains SPF 15 and 4% hydroquinone to help correct and even out those discoloured spots. Sunfader® is only available with a prescription.

If you use Sunfader®, use it only once a day as part of your morning routine.

Healthy Skin Protection SPF 35 is a sunscreen that also contains 9% micronized zinc oxide and 7.5% octinoxate. It provides broad spectrum UVA and UVB protection and can be used instead of Sun Shield Matte Broad Spectrum SPF 50.

Physical SPF 32 is a sunscreen with 18.5 zinc oxide that provides broad spectrum UVA and UVB protection. It can be used instead of Sun Shield Matte Broad Spectrum SPF 50.



LEARNING ABOUT OTHER OBAGI TRANSFORMATION SYSTEMS



Keep your skin **radiant** with the Obagi360 System. Start by using the Exfoliating Cleanser to wash and clear your skin of dirt and dead skin cells. The cleanser will make your skin look soft, smooth and younger. The second step is to add the Retinol 0.5% cream. The Retinol 0.5% product gradually releases the retinol throughout the day to help you skin become brighter and to reduce the signs of aging. The end result is that your skin will look smoother and clearer. The third step is to add the HydraFactor Broad Spectrum SPF 30 sunscreen. This sunscreen contains both a moisturizer and a sunscreen and will keep your skin both hydrated and protected from the sun.

This product is designed for all skin types. This product is designed for younger patients.

As an alternative, you can also choose the Retinol 1.0% product. With double the retinol content, the 1.0% solution helps to minimize fine lines, reduce wrinkles, refine your skin's complexion, and smooth your skin's texture.

Use the **CLENZIderm M.D. System** for acne-prone skin. The CLENZIderm M.D. System is designed specifically for people with normal to oily skin who also suffer from acne. The system starts with the Daily Care Foaming Cleanser, which contains 2% salicylic acid. The cleanser is to be used twice daily (morning and night) and unclogs pores in order to leave skin feeling fresh. The second step in the system is the Pore Therapy, which also contains 2% salicylic acid. Pore Therapy is designed to prepare your skin for step 3, which is the Therapeutic Lotion. The Therapeutic Lotion contains 5% BPO which also helps to clean up acne.

In addition to these three products, you can also get the Therapeutic Moisturizer, which contains 20% glycerin. This product leaves you skin moisturized and keeps it soothed during the full acne treatment.

BPO is benzoyl peroxide.





Treat your skin with the Gentle Rejuvenation System for sensitive skin. This system is designed specifically for people with sensitive skin. The first step is the Soothing Cleanser which will cleanse your skin while soothing it at the same time. The second step is the Skin Calming Cream which hydrates your skin and helps eliminate the signs of aging. The third step is the Fortified Sunscreen Broad Spectrum SPF 30 with Vitamin C which works to protect your skin from sun damage. The Fortified Sunscreen contains 10% L-ascorbic acid, which is also known as Vitamin C. The fourth step is the Advanced Night Repair cream which helps keep your skin moisturized while you sleep.

The Fortified Sunscreen Broad Spectrum SPF 30 with Vitamin C only needs to be used during your morning routine.

The Advanced Night Repair cream only needs to be used during your nighttime routine.

As an alternative to the Skin Calming Cream you can choose the Skin Calming Lotion. The lotion is a lighter version which will help soothe your sensitive skin and keep it hydrated.

You can also add the Skin Rejuvenation Serum to your routine. This serum works with your skin's natural rejuvenation abilities to help speed up the healing process of prematurely aged skin.

As an alternative to the Fortified Sunscreen Broad Spectrum SPF 30 with Vitamin C you can choose the Ultra-Light Repair SPF 30 Sunscreen Cream. In addition to being a sunscreen, this cream helps to repair your skin and reduce the signs of early aging. You can also add the Ultra-Rich Eye Hydrating Cream to your routine. This cream is specifically designed to repair the damage to the skin around your eyes.



Repair your skin with the Obagi-C Rx System. This system is designed to help reduce the early signs of aging that may have been caused by sun damage. The first step is the C-Cleansing Gel which helps to remove oil, grime, and makeup from your face and prepares your skin for the remaining steps. If you have normal to oily skin your second step will be the C-Balancing Toner which will help balance your skin's pH levels. If you have normal to dry skin, the C-Clarifying Serum will be your second step; if you have normal to oil skin, it'll be your third step. The Serum helps to smooth out the dark spots on your skin. If you have normal to dry skin, the next step is the C-Exfoliating Day Lotion. This lotion is a light moisturizer that both hydrates and exfoliates your skin to leave it fresh and healthy. The next step for all skin types is the Sun Shield Broad Spectrum SPF 50 which contains both UVA and UVB protection to help keep your skin safe against the sun. The final step for all skin types is the C-Therapy Night Cream which helps keep your skin hydrated and protected while you sleep.

The C-Clarifying Serum is available only by prescription.

The Sun Shield Broad Spectrum SPF 50 only needs to be used during your morning routine.

The C-Therapy Night Cream only needs to be used during your nighttime routine. It is only available by prescription.