



Transitioning to a New Skincare Regimen with RE9 Advanced®

Starting a new skincare regimen can be beneficial for the skin, but it can also bring about some unexpected changes. The skin is the body's largest organ and is continually changing and rejuvenating itself. Age, skin type, environment, and hormonal cycle are just a few factors that can impact how skin looks and responds to skincare products.

When switching skincare products, it's important to know that the skin might experience an adjustment phase. Specifically, when transitioning to the new RE9 Advanced collection, it's important to note that key ingredients such as stabilized vitamin C and sustainable orange stem cells, have high levels of antioxidants which can help accelerate skin renewal, and may occasionally lead to skin purging. For oily skin types, these ingredients can also cause potential flare-ups, including breakouts. This period could last from a couple of days to a couple of weeks.

To give the skin a chance to adjust to a new skincare regimen, new products should be used for at least 45 days. The skin regenerates itself on average every 30–45 days, so it needs a chance to complete a cycle of skin renewal. Exfoliation can also help ease the skin through this process as it helps to remove dead surface skin.

While giving the skin a chance to adjust, don't forget about these important steps:

Hydrate — Hydration inside and out is critical to support overall health, so make sure you are drinking water to stay hydrated. Also use a moisturizer, both day and night, to give the skin a “drink” on the surface.

Exfoliate — Exfoliating 2–3 times per week with RE9 Advanced Cellular Renewal Mask helps to remove dead cells and impurities as well as unclog pores. Use the Arbonne Intelligence® Genius Nightly Resurfacing Pads & Solution 3–4 times per week to promote cell turnover at the skin's surface. Initially, use the Cellular Renewal Mask and Genius Nightly Resurfacing Pads on alternate nights to allow your skin time to adjust to the products. If you experience skin sensitivity, reduce the frequency of use and build up slowly.

Protect (minimize sun exposure) — Protect skin with an SPF sunscreen every day, regardless of the weather. Choose the RE9 Advanced Restorative Cream Broad Spectrum SPF 20 Sunscreen that is best suited for your skin's needs.

Additional Tips

For oily skin types: Start by using RE9 Advanced Night Repair Cream one night per week. The night cream is very hydrating and may provide an excess of rich emollients to the skin. Slowly add the night cream 2–3 times per week and then daily, or as needed, for additional moisture. For oily skin types or those experiencing breakouts: The Restorative Cream Broad Spectrum SPF 20 Sunscreen may be more suitable as a daily moisturizer for your skin.

For normal to dry skin types: The Restorative Cream (non-SPF) or Extra Moisture Restorative Cream Broad Spectrum SPF 20 Sunscreen are perfectly formulated for use as daily moisturizers.

Once the skin has adjusted, you can look forward to experiencing the full benefit of the collection of RE9 Advanced products and healthy-looking skin.

