

# INDIVIDUALIZED DAILY SKIN CARE GUIDE



Nu Skin® products are designed to work with various skin types, regardless of age, to promote vibrant looking skin. Accurately determining your skin type—taking into account its specific daily and seasonal needs—will help you select the right Nu Skin® products to achieve and maintain optimal skin health.

IDENTIFY YOUR SKIN TYPE	DRY	NORMAL	COMBINATION	OILY
Three hours after cleansing: Do you notice any oiliness?	<input type="radio"/> Never	<input type="radio"/> Seldom	<input type="radio"/> Most of the time	<input type="radio"/> Always
Where?			<input type="radio"/> Mostly in T-zone*	<input type="radio"/> All over
How does your skin look?	<input type="radio"/> Flaky, parched	<input type="radio"/> Slightly dry, pores not visible	<input type="radio"/> Shiny, visible pores in T-zone*	<input type="radio"/> Oily, noticeable pores
How does your skin feel?	<input type="radio"/> Tight	<input type="radio"/> Comfortable to slightly dry	<input type="radio"/> Oily in T-zone,* slightly dry on cheeks	<input type="radio"/> Oily
What seasonal change does your skin experience?	<input type="radio"/> Needs extra care in winter	<input type="radio"/> Needs occasional boost	<input type="radio"/> Needs occasional help	<input type="radio"/> Needs extra help in heat/humidity

The column containing the most checks indicates your skin type. Refer to the chart below for products designed to meet your skin care needs.

\* T-zone is the forehead, nose, and chin area.

SKIN HEALTH MAINTENANCE	DRY TO NORMAL	COMBINATION TO OILY
DAILY	Cleanse  Creamy Cleansing Lotion 	Cleanse  Pure Cleansing Gel 
	Tone  pH Balance Toner 	Tone  pH Balance Mattefying Toner 
	Nourish  Celltrex® Ultra Recovery Fluid 	Nourish  Celltrex® Ultra Recovery Fluid 
	Hydrate and Protect a.m.  Moisture Restore™ Day Protective Lotion SPF 15 Normal to Dry Skin 	Hydrate and Protect a.m.  Moisture Restore™ Day Protective Lotion SPF 15 Combination to Oily Skin 
	Hydrate p.m.  Night Supply™ Nourishing Cream 	Hydrate p.m.  Night Supply™ Nourishing Lotion 
	Hydrate—Eyes  Intensive Eye Complex	Hydrate—Eyes  Intensive Eye Complex

## PAMPER YOURSELF

TO COMPLEMENT YOUR DAILY SKIN CARE REGIMEN, IDENTIFY YOUR SKIN CONCERNS AND ADD THE APPROPRIATE PRODUCTS.

TWICE WEEKLY†	<input type="radio"/> EXFOLIATE	<input type="radio"/> DRAW OUT IMPURITIES	<input type="radio"/> FIRM AND TONE	<input type="radio"/> INTENSE HYDRATION
	 Exfoliant Scrub Extra Gentle (sensitive to normal skin)  Facial Scrub (for extra ruddy complexions)	 Clay Pack Deep Cleansing Masque  Glacial Marine Mud™	 Face Lift™ with Activator Original Formula  Face Lift™ with Activator Sensitive Formula	 Creamy Hydrating Masque™ Nourishing Treatment

† Use after cleansing and before toning.

## SKIN CONCERNS

DAILY†	<input type="radio"/> SUN-DAMAGED SKIN, FINE LINES AND WRINKLES	<input type="radio"/> MODERATE TO DEEP LINES	<input type="radio"/> DARK CIRCLES, PUFFINESS AROUND EYES	<input type="radio"/> SKIN DISCOLORATION	<input type="radio"/> BREAKOUTS/UNEVEN SKIN TONE AND TEXTURE
	 Tru Face™ Skin Perfecting Gel (See also Nu Skin 180®)	 Tru Face™ Line Corrector	 IdealEyes® Vitamins C & A Eye Refining Crème	 Nu Skin Clear Action™ Acne Medication Night Treatment (See also Nu Skin 180®)	 Nu Skin Clear Action™ Acne Medication System (Complete Regimen)



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### COMPLETE SKIN CARE SYSTEMS ALSO AVAILABLE:\*

NU SKIN 180® ANTI-AGING SKIN THERAPY	NU SKIN CLEAR ACTION™ ACNE MEDICATION SYSTEM	NU SKIN® GALVANIC SPA™ SYSTEM II
 <p>A complete five-product system that brings together powerful, clinically validated ingredients that target the multiple factors involved in skin aging. Results are apparent in as early as seven days. Nu Skin 180® is a six-week treatment course for diminishing the appearance of fine lines and wrinkles and bringing back skin's youthful tone, texture, and vitality.</p> <p>Nu Skin 180® product system includes:            Step 1: Face Wash            Step 2: Skin Mist            Step 3am only: Cell Renewal Fluid            Step 4am: UV Block Hydrator SPF 18            Step 3pm: Night Complex</p>	 <p>Nu Skin Clear Action™ is a comprehensive system to manage the full range of effects acne can have on your skin, created to help clear the signs of past and present breakouts and to ensure the future healthy look of your complexion. Nu Skin Clear Action™ reduces shine and redness, minimizes scarring, enhances skin tone and texture, and generally improves the overall health of acne prone skin.</p> <p>Nu Skin Clear Action™ Acne Medication System includes:            Step 1: Foaming Cleanser            Step 2: Toner            Step 3am: Day Treatment            Step 3pm: Night Treatment</p>	 <p>Now you can bring more of the spa experience home with the Nu Skin® Galvanic Spa™ System II. Small, smart, and powerful, the programmable Galvanic Spa™ II Instrument with patented self-adjusting galvanic currents and interchangeable heads—for the face, scalp, and body—works synergistically with specially formulated products to facilitate the transport of key ingredients. Your radiant complexion, healthier looking hair, and improved appearance will leave people wondering how you find the time.</p> <p>The Nu Skin® Galvanic Spa™ System II includes:</p> <ul style="list-style-type: none"> <li>Galvanic Spa™ II Instrument</li> <li>Instrument stand</li> <li>Owner's manual</li> <li>Three interchangeable heads for the face, scalp, and body</li> <li>Two AAA batteries</li> <li>Convenient carrying case</li> <li>Instruction cards</li> </ul>

\*See product catalog for further information.

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 www.nuskinusa.com 1-800-487-1500

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## WELCOME TO NU SKIN

A skin care company dedicated to helping you live better, longer. Our robust product portfolio is anchored by three leadership categories, all featuring premium, wholesome ingredients.

### Daily Skin Health and Longevity

A small investment in your skin today will pay dividends for years to come. Proper skin care allows you to maintain maximum resiliency against environmental and internal aggressors that can accelerate the aging process. Our core skin care line features Nutricentials™—topically applied nutrient building blocks proven by research to naturally enhance the healthy appearance of skin.

### Skin Treatment

Almost all of us experience changes in our skin that we want to eliminate—tone, texture, color changes, fine to moderately deep lines and wrinkles, or breakouts. Today's science has enabled us to take a targeted approach to help eliminate the appearance of even the most aggressive signs of aging. Nu Skin® treatments and treatment systems feature some of the most advanced skin care technology for results you can see.

### Ethnobotanical Skin Care

Nu Skin has gone beyond the trends of adding botanical ingredients to personal care to bring you the wisdom of indigenous cultures throughout the world. Utilizing the ancient traditions of indigenous cultures, our Epoch® line offers ethnobotanical solutions to skin concerns. Through the Nu Skin Force for Good Foundation™ a nonprofit organization, \$.25 of every sale goes toward the preservation of these indigenous cultures.

Skin care consultation for:

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Your Nu Skin Independent Distributor:

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Distributor's phone number:

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