

AM



**BUFFET -**  
Plumps skin and boosts overall skin health.



**MATRIXYL -**  
Anti-ageing, lessens fine lines and wrinkles



**AMINO ACIDS -**  
Skin repair/barrier support aids hydration.



**VITAMIN C -**  
Brightens skin tone aids collagen production



**MOISTURISER -**  
Locks in other skin care and boosts surface moisture



**SPF -**  
UVA/UVB protection keeps skin youthful

LAYER 1 PRODUCT  
ON TOP OF THE OTHER IN ORDER

FABULOUS  
50s



ALWAYS BEGIN BY  
CLEANSING.



ALLOW TIME BETWEEN  
APPLICATIONS

PM (A)

TUE, THUR, SAT

FABULOUS  
50s

10

AIM TO APPLY SKINCARE  
10 MINUETS BEFORE  
BEDTIME.



EXFOLIATE NO MORE  
THAN 2-3 TIMES A WEEK.



1.

GLYCOLIC ACID -

Gentle exfoliant. Renews skin for improved radiance.



2.

AMINO ACIDS -

Skin repair, barrier support aids hydration.



3.

MOISTURISER -

Locks in other skin care and boosts surface moisture

THIS ROUTINE IS TO BE COMPLETED 2-3 TIMES A WEEK (DEPENDING ON SKIN SENSITIVITY) AND IS DESIGNED TO HELP KEEP THE TOP LAYER OF OUR SKIN FRESH AND WELL HYDRATED. USING AN AHA (LIKE THE GLYCOLIC ACID) MORE THAN THIS CAN CAUSE SKIN IRRITATION AND BREAK DOWN OUR SKIN DEFENCES, LEADING TO MORE EASIER SUN DAMAGE

# PM (B)

MON, WED, FRI, SUN



**MATRIXYL -**  
Anti-ageing, lessens fine lines and wrinkles



**AMINO ACIDS -**  
Skin repair, barrier support aids hydration.

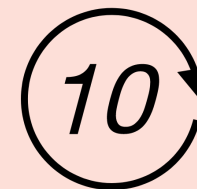


**RETINOID -**  
Improves skin cell turnover, lessens fine lines and wrinkles



**MOISTURISER -**  
Locks in other skin care and boosts surface moisture.

FABULOUS  
**.50s**



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#### The Ordinary Matrixyl 10% + HA 30ml

High strength peptide formulation to soften the appearance of fine lines and wrinkles. Formulated with hyaluronic acid to help plump the skin. Perfect for anti ageing.

#### Amino Acids + B5 30ml 30ml

This formulation targets skin hydration and boosts our skin's natural repair process by improving barrier function. Amino acids are naturally occurring proteins which diminish with age so it's important we top them up.

#### Glycolic Acid 7% Toning Solution

Formulated to help strip back dead skin cells by gently exfoliating the top layer to reveal the new skin underneath. This toning solution will help to even out skin tone and texture with continued use.

#### Ascorbyl Tetraisopalmitate Solution 20% in Vitamin F

This formulation contains a high percentage of vitamin C which is the antioxidant most commonly associated with anti ageing. Vitamin C in skincare aids in the brightening of skin as well as the revitalisation of mature skin.

#### Granactive Retinoid 5% in Squalane

The Ordinary's retinoid is a derivative of vitamin A, a powerful antioxidant which helps speed up skin cell turnover and collagen production for plumper, fresher skin. This formulation will also help assist in skin brightening, and uneven pigmentation.

#### Natural Moisturising Factors

Natural Moisturizing Factors (NMF) are elements that keep the outer layer of the skin protected and well-hydrated. The Ordinary's NMF most closely resembles a regular moisturiser, formulated with zero irritants and a host of beneficial compounds like hyaluronic acid for boosted moisturisation.

#### Buffet + Copper Peptides

This peptide rich serum is wonderful for the reproduction of collagen in ageing skin. Peptides are delivered to the skin on a cellular level to help diminish fine lines and wrinkles. This version of Buffet is formulated with copper which boosts the efficacy of the serum.