

# FAQS SOOTHE REGIMEN

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## **How does the SOOTHE Regimen work?**

The SOOTHE Regimen has been carefully formulated with ingredients specifically designed for sensitive skin. SOOTHEGentle Cream Wash emulsifies makeup and other skin impurities. SOOTHE Sensitive Skin Treatment contains the OTCs Allantoin and dimethicone that alleviate minor cuts, burns, and peeling associated with dryness. And RFP3, our proprietary peptide technology that combines peptides with a protease inhibitor to neutralize triggers and pacify irritable skin. Optical filters help reduce the appearance of redness and botanicals comfort dry skin. SOOTHE Moisture Replenishing Cream utilizes unique patent-pending RF COLD FISSION™ to keep ingredients together in an elegant base without the use of emulsifiers. SOOTHE Mineral Sunscreen SPF 30 uses only physical sunscreens (zinc oxide and titanium dioxide) to deflect damaging ultraviolet rays and keep the surface of the skin cool to help prevent flushing.

Please read the [SOOTHE Regimen brochure](#) before using the SOOTHE Regimen. It contains usage instructions for best results.

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## **When Can I expect to see results from the SOOTHE Regimen?**

With your first use, the SOOTHE Regimen will help relieve your skin of dryness and visible redness. Our clinical results demonstrated a visible improvement in redness, peeling, dryness, and overall irritation due to dry, cracked, or chapped skin in five minutes.

Within days to weeks, depending on the sensitivity of your skin, your skin will feel comfortable, smooth and soft with a visible reduction in facial redness. Over time, the ingredients in the SOOTHE Regimen will help support your natural skin barrier, allowing your skin to become more resilient.

In an independent clinical study, subjects with hyper-sensitive skin achieved the following results:

- REDNESS: 56% reduction after five minutes\* and 67% reduction after two weeks
- PEELING: 80% reduction after five minutes\* and 80% reduction after two weeks
- DRYNESS: 79% reduction after five minutes\* and 74% reduction after two weeks
- STINGING: 60% reduction after five minutes\* and 90% reduction after two weeks

- Overall irritation due to dry, cracked, or chapped skin 78% after just five minutes\* and 72% reduction after two weeks  
\*Five minute results were using SOOTHE Sensitive Skin Treatment
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### **Do I need to use all of the steps in the SOOTHE Regimen to get results?**

For best results we recommend using the complete **SOOTHE** Regimen. Skipping any one step can minimize results.

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### **How long should I use the SOOTHE Regimen?**

Those with chronic sensitivity that results in skin reacting to common physiological and environmental stressors may need to be on the SOOTHE Regimen indefinitely. However, if your sensitivity is more occasional than chronic, you may be able to tolerate stronger products once you have kept your sensitive skin under control for at least 60 days. Before making any changes, we recommend you test the products using the following instructions for three days, three times a day:

1. Apply a small amount of the product on your jawline or neck. If you're testing a cleanser, apply it for 30 seconds, and then rinse it off.
2. Apply each product on a separate area. When you test again, reapply the products in the same area as originally applied.
3. Watch for any signs of redness, dryness, irritation or swelling.

If you determine your skin can tolerate more active products, you may begin adding them to your daily skincare routine every other day, building up to daily usage.

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### **Can I use the SOOTHE Regimen if I'm pregnant or nursing?**

We recommend that a woman who is pregnant or nursing consult with her doctor about the use of products and/or cosmetic tools or before making any changes regarding her skincare routine. Providing the appropriate ingredient lists will help inform the doctor.