

CLINICARE®

DAILY SKINCARE ROUTINE

CLINICARE have developed a home skincare plan designed to optimise and maintain long-term skin health. Each product range contains a high concentration of active ingredients, including low molecular weight Hyaluronic Acid for deep and long-lasting hydration.

There are three ranges, targeted to address specific skin concerns:

GLOW - Designed to combat hyperpigmentation, age spots, and dull or tired skin. GLOW promotes a brighter, more radiant complexion.

PURE - Perfect for sensitive, irritated, or inflamed skin — including acne-prone conditions. PURE helps restore balance for a clearer, healthier-looking complexion.

REFRESH/TIGHT - Focused on fine lines, wrinkles, loss of firmness, and dehydration. This range leaves skin feeling smoother, revitalised, and deeply hydrated.

Younger skin

Morning and evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- *Optional* - Use **X3M Glow Booster** on the face or specific areas of pigmentation if needed
- Tone skin by spraying the face with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** to the eye and lip area
- If normal to oily skin
 - Follow with suitable **X3M EGF Essence** to face and neck
- If normal to dry skin
 - Follow with suitable **X3M EGF Serum** to face and neck
- Finish with **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** (morning only)

Maturer skin

Morning and evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam** or **Cleansing Lotion**
- *Optional* - Use **X3M Glow Booster** on the face or specific areas of pigmentation if needed
- Tone skin by spraying the face with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** to the eye and lip area
- Layer suitable **X3M EGF Essence** to face and on top of that
- Follow with suitable **X3M EGF Serum**, or **Premium Time Reverse Cream**, or **Retinol Renewal Cream** to face and neck
- Finish with **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** (morning only)