

# nutrimetics

## Your Platinum evening treatment plan

### With **Ultra Care+ Platinum AHA Activating Treatment**

A powerful exfoliant to rejuvenate, renew and stimulate cell renewal

Use AHA Activating Treatment in your evening (PM) routine, in the following order

Use it with your Platinum regime for enhanced results

Or choose from your preferred Nutrimetics products

#### STEP 1 – CLEANSER

Massage onto damp skin with cleanser, rinse off and pat dry.

#### CLEANSER & FIRM

Multi-Active Cleanser & Masque



White-Age Pure Cleansing Lotion  
Comfort Plus Cleansing Crème  
Restore Softening Cleansing Crème  
Restore Foaming Cleansing Lotion  
Nutrimetics Skin Clean Cleanser  
Nutri-Rich Oil Cleansing Balm  
IRYNA Coconut & Matcha Cleansing Mousse

#### STEP 2 – TREATMENT

Patch test sensitive skin. For full instructions, see the back of this card.

#### EXFOLIATE

AHA Activating Treatment



**Directions:** Use this treatment at night only. Use two to three times a week. After cleansing, apply a thin, even layer to dry skin over the face and neck (avoiding the eye area) and wait for 5 to a maximum of 10 minutes. Once dry and a film has formed on the skin, use your fingertips to gently roll the treatment off in circular motions. This will create a slight balling effect.

#### STEP 3 – TONER

Soak a cotton pad with toner and wipe over face and neck area, avoiding the eye area.

#### TONE & PREP

Skin Regeneration Toning Essence



White-Age Pearl Toning Essence  
Restore Refining Toning Lotion  
Comfort PLUS Toning Lotion  
IRYNA Lotus Flower Glow Skin Mist  
Nutrimetics Skin Fresh Toner

#### STEP 4 – HYDRATION

Apply your choice of booster to the face with gentle patting movements.

#### BOOST & REVITALISE

Choose your moisture boost



Ultra Care+ Moisturising System  
Ultra Care+ Aqua Supply Booster  
Ultra Care+ Vitamin B Clarity Booster  
Nutri-Rich Beauty Elixir  
IRYNA Antioxidant Rose Elixir

#### STEP 5 – SERUM

Apply a pump of serum to the face and neck. Allow the active ingredients to absorb fully.

#### HYDRATE & RENEW

Tight Firm & Fill Face Serum



Restore Anti-Ageing Extreme Serum  
White Age Luminous Skin Serum  
Ultra Care+ IRYNA Wonder Oil  
(**TIP:** use a face oil in place of, or after layering your serum.)

#### STEP 6 – MOISTURISER

Apply your choice of moisturiser before sleep. Follow with eye cream onto the ring finger and gently pat around the eye area.

#### MOISTURISE & EYECARE

Advanced Eye & Lip Treatment



**Night Crèmes**  
Restore Anti-Ageing Extreme Night Crème  
Comfort PLUS Night Crème  
White-Age Midnight Radiance Night Crème  
**Eye Crèmes**  
Comfort PLUS Eye Crème  
Restore Anti-Ageing Eye Crème  
Nutrimetics Nutri-Eyes Eye Crème

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## Using Ultra Care+ Platinum AHA Activating Treatment

For best results, follow these instructions carefully.

**Directions:** Use this treatment at night only. Use two to three times a week. After cleansing, apply a thin, even layer to dry skin over the face and neck (avoiding the eye area) and wait for 5 to a maximum of 10 minutes. Once dry and a film has formed on the skin, use your fingertips to gently roll the treatment off in circular motions. This will create a slight balling effect. Remove any traces of treatment with a damp cloth, avoiding the eye area. Follow with your usual toner, serum and moisturiser.



**NOTE:** This formula can be used every second night. However, depending on your skin's tolerance, we recommend using once or twice a week at first and building up from there. You can customise your degree of exfoliation from gentle (5 minutes) to deep exfoliation (10 minutes max). For sensitive skin use once a week, starting with 5 minutes and build up to 10 minutes.

- We always recommend patch testing before use, especially if skin is sensitive.
- A slight tingling sensation on the skin is normal when using this product. Sensitive skin may experience some short-term redness. If irritation occurs, discontinue use immediately.
- Ensure SPF is worn during the day as skin may be more sensitive to sun exposure.
- Do not use on broken or freshly exfoliated skin.
- To avoid over-exfoliation, do not use with other exfoliants including Ultra Care+ Micro-Dermabrasion Resurfacer or Ultra Care+ AHA Complex Refining Solution.
- Do not use this product in conjunction with Ultra Care+ Super-C & Retinol Serum. The combination of AHAs and Retinol may cause irritation.