YOUR ROUTINE GUIDE

Intense *Hydration* Routine

Three simple steps for dry, tight-feeling skin, morning and evening. Keep this page by your mirror until the routine feels like second nature.

3 STEPS | AM + PM | FRAGRANCE-FREE SERUM & CREAM

MORNING · 2 STEPS

02 Niacinamide Hydrating Serum — 1 PUMP
On clean, slightly damp skin. Rinse your face with water first.

03 Nourishing Rich Cream — 1–2 PUMPS
Press onto face and neck straight after the serum.

+ Your sunscreen
Finish your morning with your usual SPF.

EVENING · 3 STEPS

01 Oil-to-Milk Cleanser — 1–2 PUMPS
Massage onto dry or damp skin, add water, rinse well.

02 Niacinamide Hydrating Serum — 1 PUMP
On clean, slightly damp skin.

03 Nourishing Rich Cream — 1–2 PUMPS
A little more on the driest areas if you like.

THE ORDER

Cleanse, then serum, then cream. Thinnest texture first, richest last.

DAMP SKIN

Apply the serum while your skin is still slightly damp, then the cream straight after.

EVERY DAY

Morning and evening, every day. Consistency matters more than quantity.

Before you start: patch test each product. Apply a little to a small area, such as behind the ear, and wait 48 hours before using it on your face. Avoid direct contact with the eyes.

YOUR THREE PRODUCTS

Every step, *explained.*

How much to use, when, and how. The full ingredient list for each product is on your routine page at elovyn.co.uk.

01 Oil-to-Milk Cleanser

150 ml

WHEN	HOW MUCH	LASTS ABOUT
Evening	1–2 pumps	10 weeks

1. Massage onto dry or damp skin to lift make-up and sunscreen.
2. Add a little water: the oil-gel turns into a soft milk.
3. Rinse off well with lukewarm water and pat dry.

Contains fragrance and is rinsed off after use. In the morning, simply rinse your face with water.

COSMOS ORGANIC

02 Niacinamide Hydrating Serum

30 ml

WHEN	HOW MUCH	LASTS ABOUT
Morning & evening	1 pump	8 weeks

1. Apply to clean, slightly damp skin.
2. Press gently into the face and neck.
3. Follow straight away with the Nourishing Rich Cream.

Fragrance-free: no parfum in the ingredient list.

03 Nourishing Rich Cream

50 ml

WHEN	HOW MUCH	LASTS ABOUT
Morning & evening	1–2 pumps	8 weeks

1. Warm between your fingertips.
2. Press onto the face and neck.
3. In the evening, use a little more on the driest areas. In the morning, finish with sunscreen.

No added fragrance. Contains vanilla bean extract, which may give a light natural scent.

COSMOS NATURAL

How long each product lasts is an estimate based on typical use. It will vary with the amount you use.

WITH EVERYDAY USE

How your skin *may feel.*

Everyone's skin is different. These points describe how skin may feel as you use the routine. They are not results from a study of these products.

FROM FIRST USE

Comfort

Skin feels moisturised and comfortable after cleansing.

The rich cream leaves skin feeling soft.

DAILY USE

Routine

Using the serum and cream morning and evening helps keep dry skin feeling comfortable through the day.

ONGOING

Consistency

Use your routine every day. Moisturising works while you keep using it.

YOUR FIRST 30 DAYS

1. **Patch test first**
   Try each product on a small area and wait 48 hours before using it on your face.
2. **Keep it simple**
   Use the three steps on their own at first, so you know how your skin responds.
3. **Morning and evening**
   Two minutes, twice a day. Little and often works better than a lot at once.
4. **Always finish with SPF**
   During the day, finish your morning routine with your usual sunscreen.
5. **Listen to your skin**
   If a product irritates your skin, stop using it and ask a pharmacist or your GP.

RUNNING LOW?

About *two months* per routine

The serum and cream run out at about the same time. Reorder around week seven so you never miss a day.

30-DAY MONEY-BACK GUARANTEE

Not right for you? Request a refund within 30 days of delivery from My Account › Orders, even if opened. First order only.

QUESTIONS?

support@elovyn.co.uk
Monday – Friday, 9am – 6pm UK time

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