



**Skin Cycling is a simple 4 - day nighttime skincare routine that requires rest days in-between your exfoliator and retinol to allow your skin's microbiome to recover**



**DAY 1: EXFOLIATE**  
BOTANICAL EXFOLIANT



**WHY:**

- Slough away the uppermost layer of dead skin cells on the surface of skin

**HOW TO:**

- Cleanse, apply a blueberry sized amount of botanical exfoliant. Massage in a circular motion on damp face and neck
- Follow with moisturizer



**DAY 2: RETINOL**  
VEGAN RETINOL SERUM



**WHY:**

- Restores radiance. Reduces signs of aging, discoloration and texture

**HOW TO:**

- Cleanse, apply 4-5 drops on face and neck and massage (avoid eye area)
- Let sit for a few minutes before applying moisturizer



**DAY 3: RECOVER**  
SOOTHING FACE BALM



**WHY:**

- Focus primarily on hydration, nourishing the microbiome of the skin, and repairing the skin barrier

**HOW TO:**

- Cleanse, apply a blackberry size amount on face and neck
- Gently restores the skin's essential protective mantle



**DAY 4: RECOVER**  
SOOTHING FACE BALM



**WHY:**

- Repeating recovery avoids any potentially irritating ingredients and focuses on repair

**HOW TO:**

- Cleanse, apply a blackberry size amount on face and neck
- Helps soothe and reduce the appearance of skin sensitivity



ēcōMD  
CLEAN, CONSCIOUS  
SKINCARE

"Our bodies are our  
gardens - our wills  
are our gardeners"

*William Shakespeare*

