



# SKIN CYCLING



## *Morning Routine + A 4-night Cycling Routine*

Knowing when to use all your skincare and how often can feel overwhelming. You're not alone! One of my amazing clients asked for help making sense of her Oliveda routine... so I built this guide for her—and now, for you too.

Inside, you'll find a simple a 4-night Skin Cycling rhythm + a powerful morning routine that supports glow, firmness, and a happy skin barrier.

Even better? You can customize it based on what you already have on hand. No need to buy a million new things (unless you want to).

If you're not sure which Oliveda products are best for your unique skin, take my Skin Care Test—it's quick, personalized, and free.



[\[Take the test here\]](#)

Ready to create a routine that works with your skin—not against it? Let's do this.

### **Morning Routine (Daily)**

*Focus: protection, hydration, antioxidants, tone evening.*

#### **Cleanse** (if needed)

Splash of water or a very gentle cleanser like [F71 Corrective Cleansing Gel](#)

**Facial Tonic:** This preps and balances your skin. I [use F67 Corrective Facial Toner](#)

**Serum Time:** (based of the focus of my client)

- [F83 HT + Vitamin C Serum Face](#): Your brightening serum for sun spots and even tone.
- [F06 Cell Active Serum Face](#): Added boost for elasticity and regeneration.
- [F63 Cell Active Face Oil Serum](#): Seals in hydration, antioxidants, barrier support.

**Face Cream:** [003 DOPE your glow](#): Locks it all in.

**Sunscreen after this step** (HIGHLY recommended for pigment and aging).

## Evening Routine: Skin Cycling (4-Night Cycle)

*Focus: target fine lines, sun spots, wrinkles, support collagen.*

### ➤ Night 1 – Exfoliation Night

1. Cleanse
2. F67 Corrective Facial Tonic
3. F81 AHA + HT Serum Face: Gentle resurfacing.
4. F59 Corrective Serum Face: Collagen boost (helps support fine lines after exfoliation).
5. 003 DOPE your glow FACE CREAM

### ➤ Night 2 – Retinol Night

1. Cleanse
2. F67 Corrective Facial Tonic
3. F82 Green Retinol Face Elixir: Your retinol step.
4. F59 Corrective Serum Face: Pairs well with retinol to support collagen.
5. 003 DOPE your glow FACE CREAM

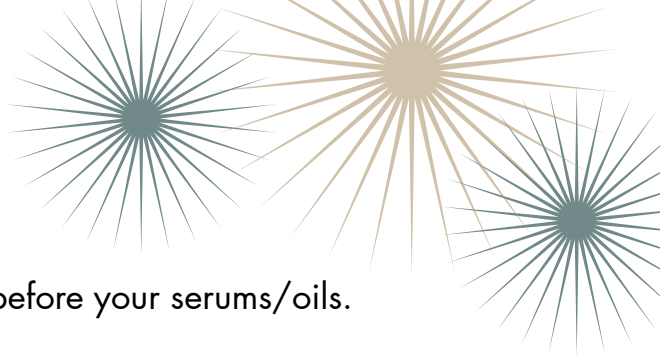
### ➤ Night 3 – Recovery / Hydration Night

1. Cleanse
2. F67 Corrective Facial Tonic
3. F06 Cell Active Serum Face
4. F63 Cell Active Face Oil Serum
5. 003 DOPE your glow FACE CREAM

### ➤ Night 4 – Recovery + Extra Nourish Night

1. Cleanse
2. F67 Corrective Facial Tonic
3. F87 Corrective Kahai Elixir: Loaded with vitamins and essential fatty acids.
4. F59 Corrective Serum Face:
5. 003 DOPE your glow FACE CREAM

If you need a bit of extra attention for the eye area:



**Eye serum and/or elixir:**

Use morning and night after your tonic and before your serums/oils.

They're gentle enough to pair with both AHA and Retinol.



**A few important safety notes:** Avoid layering the AHA (F81) and Retinol (F82) on the same night to prevent over-exfoliation.



The Kahai Elixir (F87) can safely be used on hydration nights or even in the AM if your skin feels dry.



**Always watch how your skin responds:** If it gets sensitive, you can do 2 nights of recovery instead of 1.

Overall goal for this client:

- F83 (Vit C) targets your sun spots.
- F82 (Retinol) + F59 (Corrective Serum) for fine lines.
- F81 (AHA) for texture/sun spots.
- F63, F87, DOPE for hydration and barrier support.
- Tonic F67 preps skin for better absorption.

*Now...*

*Let's create your personal  
Skin Cycling Program!*

# AM — SKINCARE

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# NIGHT 1

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# NIGHT 2

# NIGHT 3

# NIGHT 4

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