

# SONYA DAKAR

BEAUTY BOOTCAMP®



Congratulations on your purchase of Sonya Dakar Beauty Bootcamp! This item has been personally curated by Sonya Dakar to help you achieve beautiful, healthy looking skin. Below you'll find a usage guide for each product.

Let us know if you have any questions — and keep the feedback coming!! Send us pics, before and afters, videos — we love and welcome it all.

Let's get your skin in shape!

Sonya and Mimi

**Get social @BeautyBootcampBySonyaDakar**

Icons for Instagram, Facebook, Twitter, Pinterest, Google+, and YouTube.

## DAILY REGIMEN GUIDE

- PORCELAIN CLEANSING OIL  
AM/PM with dry hands, massage well onto dry face. Wet hands and continue massaging to create a milky emulsion. Rinse off.
- PURE CLEANSE  
AM/PM massage onto wet skin and rinse with lukewarm water.
- CLEAN CANVAS  
AM/PM apply to clean face, neck, and décolleté with light upward strokes.
- BIOSTEM CONCENTRATE  
AM/PM apply to clean face, neck, and décolleté with light upward strokes.
- RETINOL RADIANCE  
After cleansing, massage a few drops onto face and neck.
- AGELESS HYDRATOR  
AM/PM apply to clean face, neck, and décolleté with light upward strokes.
- OMEGA OIL  
Gently massage onto cleansed face, neck, and chest.
- DE-PUFF EYE TREATMENT  
Gently pat around eye area, from brow to cheekbone, before moisturizer.
- EYE DEFY  
Gently pat around eye area, from brow to cheekbone, before moisturizer.

## 2-3 TIMES A WEEK

- FLASH FACIAL  
3-4 times a week. Spread a thin layer onto clean skin, and immediately rub off gently in circular motions. Gently feather off any residue with clean towel.
- FACIAL FITNESS PEEL  
Spread a thin layer onto clean, dry skin and allow to penetrate for 7-10 minutes. Remove all product with damp towel or warm water.
- FACIAL FITNESS MASK  
Massage onto clean face and neck leave on for 15-20 minutes. Towel off. May also be left on overnight.

