

Sarah's Beauty Regimen:

Daily:

Morning: (takes about 3 minutes)

Art Gentle Cleanser

Art Refreshing Toner (pad on with an organic cotton ball)

Renewal Serum (gently put on in circles and leave it)

Art Light Moisturizer (gently dab on in small circles and leave it)

Daily Supplements: NingXia and Sulfurzyme

Night:

Art Gentle Cleanser

Art Refreshing Toner (pad on with an organic cotton ball)

Renewal Serum (gently put on in circles and leave it)

Art Light Moisturizer (gently dab on in small circles and leave it)

Wolfberry Eye cream dotted around the eyes

Twice a week add in:

Satin Mint facial scrub (after the toner)

Sheerlume (I wear as a masque right before bed, at least 25 minutes, or all night if you like)

Once a month:

Art Cream Masque