



TIFFANI KIM INSTITUTE

MEDICAL • WELLNESS • SPA

## **Helpful Tips to Use Tiffani Kim Lifestyle Cosmetic Medicine Skin Care Products**

1. We believe that there are 4 essential steps to skin care:
  - Cleanse,
  - Tone,
  - Treat, and
  - Protect.
2. Our products are very potent, so a little bit goes a long way.
3. Always apply products with the tips of your fingers, not the palms of your hands.
4. We advise that you apply all of the products to the neck and Décolleté (cleavage area) because the effects of aging are more noticeable.
5. The difference between our products and others is that we are a medical grade skin care. That means that our active ingredients (green tea, retinol, and glycolic acid) are at the most effective range that our skin needs.
6. **When washing your face** with your cleanser, use upward strokes. To dry your face, pat with a towel. Never rub towel over face.
7. The first signs of aging occur on the hands, neck, and the eyes.
8. Use **Toner** with a cotton ball all over face. Avoid eye area (the bone around the eyes).
9. **When applying the Vitamin C**, only use very minimal amount, and spread over entire face. You can use around eyes. **Use in the morning ONLY!**
  - Beneficial for people with redness around face (Rosecea)
10. **When applying Green Tea with Caffeine Antioxidant Serum/Cream**, only use a very minimal amount, and spread over entire face. Avoid eye area.
  - Contains approximately 500 cups of green tea!
  - **Green Tea Serum/Cream and Vitamin Care** both antioxidants and work the same way.
  - **Use only one not both!**
11. **Hydrating Gel** only use ONE drop (not an entire dropper full) and apply with tip of fingers over entire face to save product.
  - **If you use this product on your neck and Décolleté**, you will need to use 2-3 drops (not dropper full).
12. **To apply eye cream**, use pea size amount on ring finger and apply only on eye bone/eye brow area (bone around the eyes). This should not be put on eye lid or immediately under lower lid. Don't rub cream into skin, tap into skin.
13. **Replenishing Cream** should be applied with the tips of your fingers over entire face. Avoid eye area.
14. **Sunscreen** should be applied over entire face, except eye area. Use every day!
  - This should be applied even during the winter months and rainy or cloudy days.
  - UV rays penetrate the clouds and cause further damage to skin.
15. **If you are using the Acne TouchStick**, the instructions for use are as follow:
  - Use the TouchStick as needed throughout the day to fight oil and bacteria
  - Let the TouchStick solution absorb, then apply the Concealer for added benefit.



- **Make sure you shake** the Concealer before you apply it!
  - Apply make-up over concealer.
  - The Concealer contains Sulfer and resorcinol which are very good at drying out acne breakouts.
  - This should be used as a “spot treatment”
  - For best results, apply the TouchStick at the first sign of a blemish to prevent a breakout.
  - **Absolutely no use during pregnancy of nursing mother!**
16. Should you get any of the products into your eyes, flush eyes with cool water for 10 minutes.
17. Our products are designed to be unisex. Men can benefit and should use our products for proper skin care.