

HOW TO APPLY YOUR SKINCARE PROPERLY,
HOW TO COMBINE INGREDIENTS &
MAXIMIZE POTENCY
STEP BY STEP INSTRUCTIONS

BLUEPRINT of Effective Skincare Anti-Aging

by Desi Stark 



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Instructions & Table of Contents



Instructions on using this Blueprint:

- Follow all steps.
- Select 1 product from each **Step** and each Section in **Blue**.
- Apply all products on face, neck, décolletage & back of hands.
- Each product name is a clickable link and it takes you directly to the product website.
- Apply discount code when applicable.

Facial Devices

Click on link to view product

Nano-current Device***:

I use in the morning but any time of day is acceptable - 2-5 times per week.

ZIIP Nano-Current Device

code: DESIZIIP for 10% Off



LED Mask:

I recommend using it immediately before applying your morning or evening skincare routine. 3-5 times / week.

CurrentBody LED Mask

code: DESI for 10% Off



Radio Frequency Device***:

I use in the morning but any time of day is acceptable - 2-5 times per week.

NEWA RF Device



***Micro-current or RF should not be used if you have a heart condition, pace maker or if you are pregnant.

Morning Routine

Click on Link to view product

Step 1: Cleanse

Auteur Cleansing Complex



True Botanicals Nourishing Cleanser

code: DESISTARK for 15% off



Maelove Sheer Silk Cleanser



OneSkin Prep Daily Cleanser

code: DESI for 15% off



The Outset - Gentle Micellar Antioxidant Cleanser

code: DESI for 20% off



Regelica Skincare - Water Lily pH

Balanced Gentle Cleanser

code: DESI for 20% off



Remedy for Cleansing



Morning Routine

Click on Link to view product

Step 2: Exfoliate

Motif Renew Resurfacing Toner

code: DESI for 15% off



Eadem Cashmere Peel Toner

code: DESI for 15% off



Paula's Choice 2% BHA Exfoliating Liquid

Dr.DennisGross - Alpha Beta Universal Daily Peel



Morning Routine

04

Click on Link to view product

Step 3: Face Serums

Serum 1: Growth Factor **

Calecim Professional Serum

code: DESI for 15% Off



Serum 2: Chebula / Vitamin C

True Botanicals Chebula Serum

code: DESISTARK for 15% off



Skinceuticals - CE Ferulic

Timeless - 20% Vitamin C + E Ferulic



Mara Sea Vitamin C

Serum 3: Any other serum (Targeted)

Valmont V-Lift



Auteur Collagen Activator

**Growth Factors should not be used if you have active acne or history of skin cancer

Desi Stark

Morning Routine

04

Click on Link to view product

Step 4: Eye Serum / Cream

Valmont V-Lift Eye

Calecim Eye Contour Lifting

code: DESI for 15% off



Sisley Paris Eye & Lip Contour

Auteur Eye Cream

111Skin Black Diamond

code: DESISM for 15% off

InnBeauty Extreme Eye Cream



***Growth Factors should not be used if you have active acne or history of skin cancer

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Morning Routine

Click on Link to view product

Step 5: Moisturizer

True Botanicals Extreme Cream

code: DESISTARK for 15% Off



True Botanicals Ginger Turmeric Hydraglow Cream

code: DESISTARK for 15% off



InnBeauty Extreme Cream

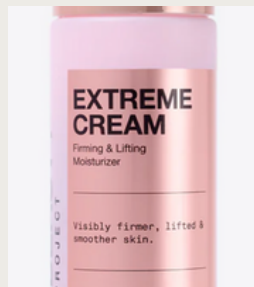


Calecim Multi-Action Cream

code: DESI for 15% Off

Valmont V-Firm Cream

code: DESI for 20% off



Morning Routine

Click on Link to view product

Step 6: Sunscreen

ISDIN Fusion Water Magic



OneSkin Mineral Sunscreen

code: DESI for 15% off



Valmont Daily Veil SPF 30



Cle De Peau SPF 50

Auteur Sun Drops SPF50



Evening Routine

Click on Link to view product

Step1: Double Cleanse

Balm Cleanser:

Sisley-Paris Balm Cleanser



True Botanicals Ginger Turmeric Balm Cleanser



code: DESISTARK for 15% off

Josh Rosebrook Balm Cleanse

code: DESI for 10% off



Allies of Skin - Cleansing Balm

code: DESI for 20% Off

Goop Luminous Cleansing Balm



2nd Cleanser:

Auteur Enzyme Cleanser



Auteur Cleansing Complex

Evening Routine

Click on Link to view product

Step 2: Toner / Essence (optional)

Auteur Definitive Lifting Toner

La Prairie Skin Caviar Essence-in-Lotion

Valmont Primary Veil

Symbiome Rejuvenating Mist



Evening Routine

07

Click on Link to view product

Step 3: Face Serums

Serum1: Peptides

Auteur Definitive Line Serum



Auteur Definitive Renewal Serum

Maelove Peptide Squad



Eight Day Regenerative Serum

Neostrata Tri-Therapy Lifting Serum



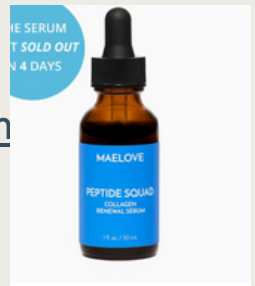
Serum 2: Targetted

Calecim Night Recovery Complex

code: DESI for 15% off



ByNight Hypercharged Glass Skin Serum



Evening Routine

Click on Link to view product



Step 3: Face Serums

Serum 3: Retinoids

Maelove Moonlight Retinal Super Serum



Maelove Stargaze Enhanced Retinol

True Botanicals Retinol

code: DESISTARK for 15% off

Auteur Retinol Serum



Mother Science Retinol Synergist

code: DESI for 15% off



Evening Routine

Click on Link to view product

Step 4: Eye Serum / Cream

Auteur Eye Cream



Calecim Eye Contour Lifting Cream

code: DESI for 15% Off

111Skin Black Diamond

code: DESISM for 15% off



Sisley Paris Eye & Lip Contour



Valmont V-Lift Eye



Evening Routine

Click on Link to view product

Step 5: Moisturizer

Auteur Definitive Density Cream

Auteur Renewal Cream



Calecim Multi-Action Cream

code: DESI for 15% off

Valmont Prime Renewing Pack



True Botanicals Phyto-Retinol

Advanced Clinical Cream

code: DESISTARK for 15% off

Josh Rosebrook Vital Balm Cream

code: DESI for 10% off

Remedy - Anti-Aging Cream



Eight Day - The Night Treatment Cream

Evening Routine

Click on Link to view product

Last Step: Face Oil (optional)

True Botanicals Pure Radiance Oil

code: DESISTARK for 15% off



Lip Balm:

Eadem Lip Softening Balm

code: DESI for 15% off




Auteur Lip Renewal Treatment



Tips:

- ✓ Apply all skincare on face, neck, décolleté and back of hands.
- ✓ Apply starting with thinnest to thickest consistency products.
- ✓ Products of equal consistency - apply the more important one for you first.
- ✓ Be consistent - skincare takes time and consistency.
- ✓ Wear sunscreen every day.





**"A Year from
now you'll wish
you had started
today"**