

PREPARED FOR
Sample Patient

DATE
21 September 2026

PRACTITIONER
Nurse Amelia Hart

MORNING (AM)



CLEANSE

Murad Essential-C Cleanser

1-2 pumps — AM + PM

Vitamin C enriched. Best paired with Vita-C Glycolic Serum in AM.



TO NE

Murad Hydrating Toner

Press into skin gently — AM + PM after cleansing

Preps skin to better absorb serums. Apply immediately after cleansing.



TREATMENT SERUM

Murad Vita-C Glycolic Brightening Serum

3-4 drops — AM only

Cold-stabilised vitamin C and glycolic acid. 55% higher antioxidant defence. Apply before moisturiser.



EYE CARE

Murad Vita-C Eyes Dark Circle Corrector

Small amount each eye — AM + PM

Cold-stabilised vitamin C. 86% saw brighter eye area in 2 weeks. Red algae depuffs.



MOISTURISE

Murad Restorative Hydro-Hyaluronic Cream

Hazelnut-sized — AM + PM

Advanced Hyaluronic Acid Technology. Shea butter and avocado and olive oils restore suppleness.



SUN PROTECTION

Airyday Clear as Day SPF 50+ Dreamscreens

A 5-cent piece — AM, reapply every 2hrs in sun

Invisible gel sunscreen for the face — lightweight, dries clear, layers under makeup. SPF50+ broad spectrum.

EVENING (PM)



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Murad Essential-C Cleanser

1-2 pumps — AM + PM

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TO NE

Murad Hydrating Toner

Press into skin gently — AM + PM after cleansing

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ACTIVE / PRESCRIPTION

Murad Retinol Youth Renewal Serum Advanced

2 pumps (thin layer) — PM - start 2x per week, build to nightly

**Use 2-3 nights per week unless advised*

Retinol Tri-Active Technology. Apply to clean dry skin. 93% saw reduction in lines in 2 weeks.



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MOISTURISE

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MOISTURISE (PM)

Murad Retinol Youth Renewal Night Cream Advanced

Hazelnut-sized — PM only

**Introduce slowly if new to retinol*

Retinol Tri-Active Technology. 83% noticed firmer skin in 4 weeks.

WEEKLY (AS PRESCRIBED)



Murad Vita-C Triple Exfoliating Facial

Dull / rough texture / pigmentation

Even layer — Up to 2x per week

MAKEUP (MINERAL)



Guiya Mineral Muse Foundation

Sand Dune

Liquid foundation / buildable coverage



Guiya Smashed Lipstick

Desert Rose

Liquid lipstick

PRACTITIONER NOTES

Begin the retinol two nights a week and build up over four weeks. Do not use it on the same night as an exfoliating treatment. Daily SPF is non-negotiable while using it.



LOW ON PRODUCT?



NURSE AMELIA HART · 21 SEPTEMBER 2026

This routine has been prepared specifically for you by Nurse Amelia Hart following your consultation at Avélore Aesthetics. Introduce new actives one at a time and stop if irritation develops. Please contact the clinic before making changes to the routine.