

ZO Hydroquinone Kit Instructions

Hydroquinone is intended for a 3 – 5 month treatment period. When finished, you will need to switch over to your CORE4 maintenance routine.

Morning

- 1) ZO Cleanser
- 2) ZO Exfoliating Polish (2x week)
- 3) ZO Daily Power Defense or Antioxidant
- 4) ZO Pigment Control Creme
- 5) ZO Hydrating Creme or Moisturizer (if needed)
- 6) Mineral Sunscreen

*Oral supplement: Heliocare Ultra – use daily or when planning increased sun or heat exposure

Evening

- 1) ZO Cleanser
- 2) ZO Complexion Renewal Pads or Oil Control Pads
- 3) ZO Daily Power Defense or Antioxidant (if not part of your morning routine)
- 4) ZO Pigment Control Creme
- 5) ZO Pigment Control + Blending Creme MIXED with ZO Wrinkle & Texture Repair (or other medical Retinol/Retinoid)

***IF NEW TO RETINOL:** Begin by using 2x week for two weeks. Then, increase to every other night for two weeks. By one month, use nightly.

Tips:

- When you run out of Pigment Control Creme, this will be a time for you to evaluate your skin changes
- Start to incorporate your non-hydroquinone maintenance into your CORE4 products
- Contact your provider, esthetician, or skincare specialist with any questions.