

let's get
practical

AM

- Cleanse
- Conditioner with gauze
- Eye Cream
- Pre & Post Serum (optional)
- Nimue-TDS™ (optional)

Nimue's Daily Skincare Routine

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- Pre & Post Serum (optional)
- Nimue-TDS™ (optional)
- Booster/ Active Gel or Lotion (every second night)
- Nimue Night Cream

PM

- Booster (optional)
- Nimue Day Cream
- Element Barrier (optional)
- Nimue SPF

- Cleanse
- Conditioner with gauze
- Exfoliate 2 x a week
- Mask 2 x a week
- Eye Cream