

The Routine Bible

Volume Two · Progression

The optional climb beyond a complete routine — Intermediate to Advanced, gradually and the same careful way, ending at your Master week.

Volume Two of Two

2 tiers

Weeks 15-40

You don't need this to have great skin — Volume One lands you at a complete, effective routine that holds beautifully on its own. This is for when your skin is fully settled and you want to push further. We climb only when your skin says it's ready.

BEFORE YOU BEGIN · COMING FROM VOLUME ONE

What carries over

By the end of Foundations you'd built a calm barrier, one weekly acid night, a low retinal (0.05%) twice a week, and vitamin C every morning. Volume Two builds *on top of that* — it doesn't replace it. The structure you learned stays exactly the same; only the strengths and the support deepen.

- The 7-day week — acid Monday, retinoid Wed & Fri, recovery between.
- Your B/HA serum over the whole face, every single routine.
- The layering technique — dry, then serum, then mist, then seal.

- Double cleanse every night; SPF every morning.
- Your moisturisers — a lighter emollient by day, a ceramide barrier cream at night (ceramides with cholesterol and fatty acids, ~3:1:1).
- One active per night, gradual change-overs, and your skin sets the pace.

THE SAME CAUTIONS APPLY — MORE SO AT THESE STRENGTHS

Not for pregnancy or breastfeeding. Anyone with a skin condition (rosacea, eczema, melasma) or on medication that affects the skin should adapt this with professional guidance. Going up is always optional — if your skin ever feels over-worked, drop back a step.

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Intermediate WEEKS 15-26 · THE COMPLETE ROUTINE

Both actives step up — staggered, never together.

Same weekly shape, but both actives step up — staggered, never together. CoQ10 joins the morning antioxidant layer, eye masks come in, gentle exfoliation moves to *alternating PHA-toner / hydrating-toner mornings*, and a hydrating toner returns to your nights as you wean off the retinoid buffer. This is where you arrive at a complete routine.

RETINAL NOW

0.10%

NEW AM

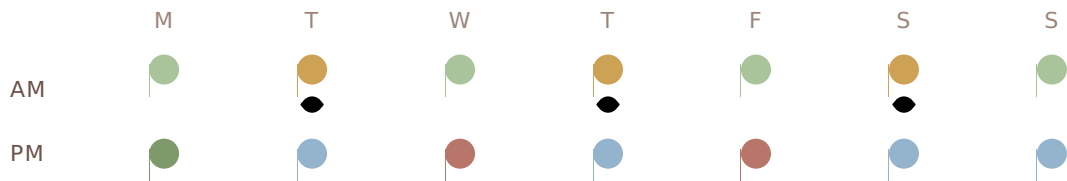
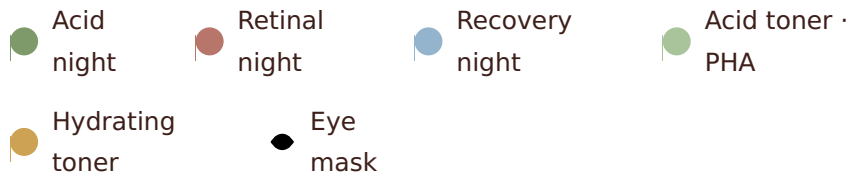
CoQ10 + eye masks

EXFOLIATION

PHA-toner mornings

NIGHTS

Buffer off, toner in



Mornings alternate PHA-toner and hydrating-toner, eye masks on the hydrating mornings. Vitamin C every morning. Acid Monday, retinal 0.10% Wed & Fri, recovery between — recovery nights now carry a soothing ampoule.

What each part looks like

TMDNDWEE
 ANTIOXDANT
 LAYER FRI
 ARRIVES
Retinoids
nights
 Double
 Cleanse
 Toner
 Hydrating
 —toner
 PHA
 one
 morning,
 hydrating
 the
 next
 Retinal
 0.10%
 it let
 dry it
 B/t dry
 Vitamin
 serum
 C,
 →buffer
 stronger

thermal

spray

→w/antioxidant

ceramide

B/
moisturiser

HA
CoQ10

serum

→builds

thermal

spray
antioxidant

→network

ceramide

B/
moisturiser

serum

—
eye

seal
mask

—

on

hydrating-

toner

mornings

B/
HA

serum

→

thermal

spray

→

emollient

moisturiser

→

SPF

ALL
OTHER
NON-
ACID
NIGHTS

Recovery nights

Double
cleanse

Hydrating
toner

—
let
it
dry

Soothing
ampoule

—
centella,
beta-
glucan
or
cica

B/
HA
serum

→
thermal
spray

→
ceramide
moisturiser

Weaning the buffer — and adding the toner

Coming in from Foundations, your retinoid nights still have a moisturiser buffer. Intermediate is where you teach your skin to take the retinal without it — one night at a time. Week 1, skip the buffer on one retinoid night; week

2, skip it on the other; week 3, both bufferless if all's calm; week 4, you're fully off it — the moisturiser still seals at the end, every night.

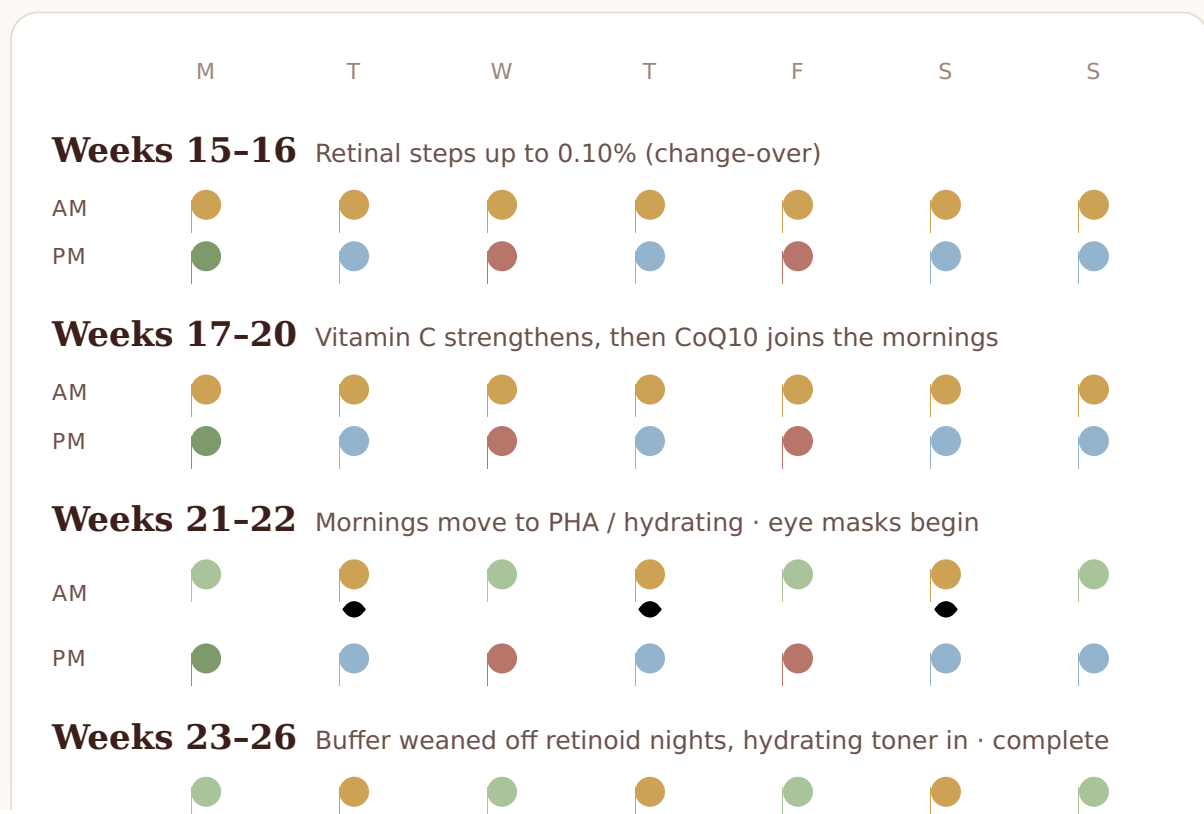
As the buffer comes off, the hydrating toner comes in on every night except acid. A word of care: the toner is hydration, not a buffer — and because hydration helps an active penetrate, dropping the cushion and adding the toner both nudge the retinal in a little harder, so change one thing at a time and go slow. In the mornings, let the toner dry fully before your vitamin C so skin isn't damp when the active lands. And if your skin starts to complain, look at your technique first — too much, too fast, or damp application — before deciding a product doesn't suit you.

Eye area

With caution, take your serums up to the orbital bone. Your B serum eye masks go on hydrating-toner mornings — start once a week, building to every other morning.

How it builds at Intermediate

The evening rhythm holds steady here — the changes are in strength, in the mornings, and in weaning the buffer. Same dot language; only what changes is shown.



AM

PM



Once everything's in, consistency *is* the active ingredient — these weeks aren't filler, they're where results compound. Resist adding more; just run it.

◆ *You've arrived — and what's next*

By here you have a complete, effective routine: weekly acid, retinal 0.10% twice a week, stronger vitamin C and CoQ10 each morning, eye masks and PHA-toner mornings. A brilliant place to stay for the long term. When your skin is fully settled and resilient and you want to go further, Advanced takes you up to your Master week.

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Advanced

WEEKS 27-40 · THE CLIMB TO MASTER

Peak strengths, one weekly repair night.

Peak retinal with its repair partners, a dedicated weekly repair night, a stronger acid and soothing ampoules — the routine I run myself. The antioxidant morning steps up from CoQ10 to idebenone. PDRN and EGF aren't extra actives competing for attention; they're *repair ingredients* that help your skin carry the higher strength.

RETINAL PEAK

0.15% + PDRN

ANTIOXIDANT

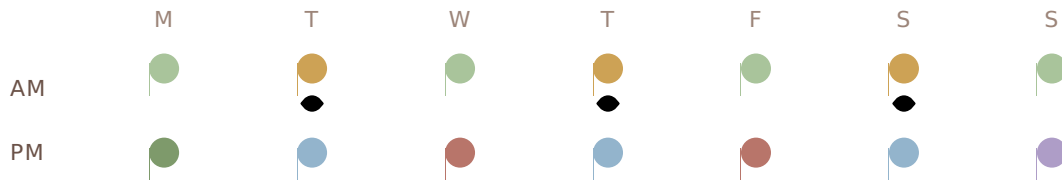
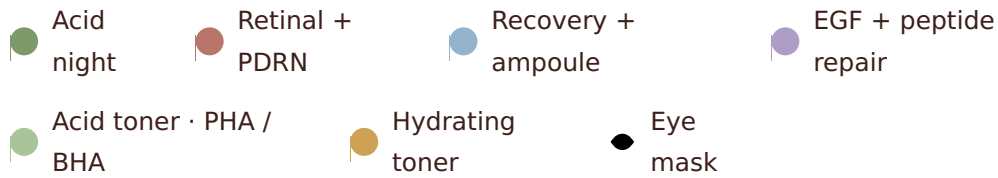
Idebenone

REPAIR NIGHT

Weekly EGF + peptide

FINISH

Week 40 · Master



Mornings alternate a PHA or BHA toner with hydrating, eye masks every other morning. Vitamin C + idebenone daily. Acid Monday (stronger), retinal 0.15% + PDRN Wed & Fri, recovery + ampoule between, EGF repair night Sunday. Hydrating toner on every night but acid — or go bare for the deepest penetration.

What each part looks like

Acid night

MONDAY · STRONGER NOW

Double cleanse

Stronger acid — onto bare, dry skin · let it dry

B/HA serum → thermal spray → ceramide moisturiser

Retinoid nights

Double cleanse

Hydrating toner — let it dry · or skip for bare skin

Retinal 0.15% — let it dry

PDRN — retinoid's repair partner, first

B/HA serum → thermal spray →

Mornings

Cleanse

Toner

—

PHA or BHA / hydrating, alternating

· let it dry

Vitamin C, strongest

ceramide
moisturiser
· occlusive
optional

—
let
it
dry

Idebenone

—
the
top
of
the
antioxidant
network

B
serum
eye
mask

—
on
hydrating
mornings

B/
HA
serum
→
thermal
spray
→
emollient
moisturiser
→
SPF

EGF SUNDAY ·
repair NEVER
night ON
RETINOID
NIGHTS

Double cleanse

Hydrating toner

— let it dry

EGF + peptide

B/HA serum →
thermal spray →
ceramide
moisturiser

TUE **Recovery**
·
THU **nights**
·
SAT

Double
cleanse

Hydrating
toner

—
let
it
dry

Soothing
ampoule

—
centella,
beta-
glucan
or
cica

B/
HA
serum
→
thermal
spray
→
ceramide
moisturiser

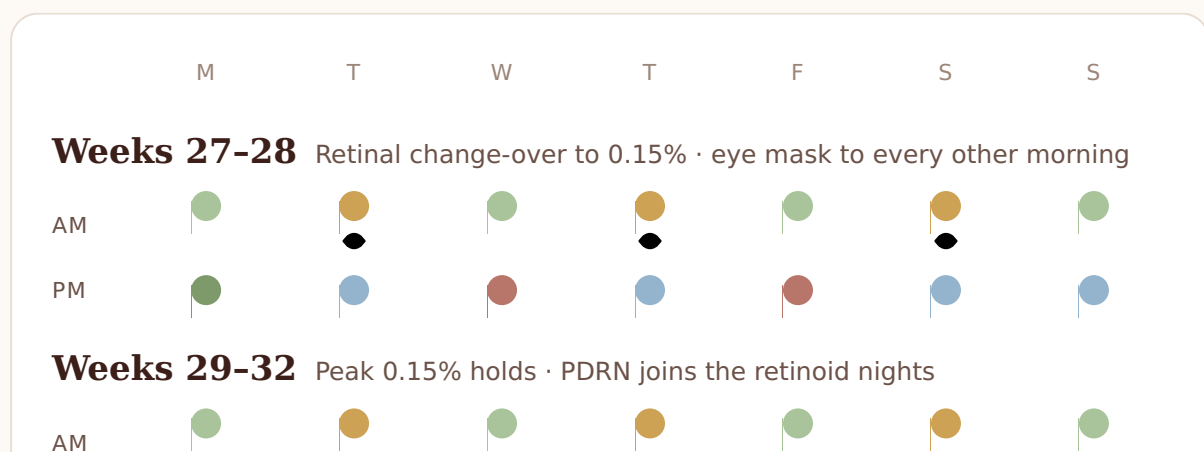
No buffer now — and the bare-skin option

By Advanced your skin takes the retinal without a buffer. The hydrating toner stays on every night except acid as a comfort and hydration step. If you want the deepest, most effective delivery, you can skip the toner too and apply the retinal straight onto bare, dry skin after cleansing — the most direct route, and the most likely to bite if any sensitivity is there, so it's the version you earn.

The rhythm doesn't change because it doesn't need to — one acid night, two retinoid nights, the rest for recovery and repair. PDRN and EGF help your skin carry the higher retinal strength. The structure holds; the support deepens.

How it builds at Advanced

The evening shifts just once — a weekly repair night lands on Sunday — while strengths peak and the repair support deepens. Same dot language; only what changes is shown.





Weeks 33-34 Weekly EGF + peptide repair night joins — Sunday



Weeks 35-40 Acid steps up · soothing ampoules on recovery · Master



PDRN tucks into the retinoid nights and ampoules into recovery — repair, not new actives — so the dots barely move while the strength quietly peaks.

WEEK 40 · THE FINISH

You've reached Master

This is it — the complete advanced routine, fully your own. Peak 0.15% retinal twice a week with PDRN, a dedicated weekly repair night, a stronger weekly acid, soothing ampoules, and the full antioxidant morning with idebenone. It's the routine I run myself.

From here, it's maintenance. Keep it consistent, adjust with the seasons and with your skin, ease back a step any time your skin feels over-worked, and lean on it for life. You didn't rush it — you built it, one careful step at a time. That's what mastery looks like.

THE RULES STILL HOLD — MORE SO AT THESE STRENGTHS

This isn't personal medical advice: not for pregnancy or breastfeeding, and anyone with a skin condition or on medication that affects the skin should adapt with professional guidance. One active per night, never retinoid and acid together; let each layer dry before the next; one leave-on acid night a week, with daily gentle exfoliation in the PHA / BHA-toner mornings; double cleanse nightly. The hydrating toner is hydration, not a buffer — go slow whenever you change penetration. Strengths only ever rise through a

gradual change-over, and going up is always optional. If your skin ever feels over-worked, drop back a step. Your skin sets the pace.

The Glow Educator · Skin School
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