

micro-sculpting cream™
Tips and Usage

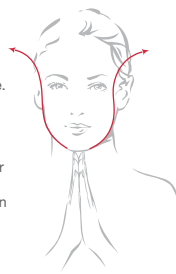
Welcome to the micro-sculpting massage consultation. It was developed in collaboration with a top London facial therapist specifically to work with your **OLAY Regenerist micro-sculpting cream™**. This technique teaches, in three strokes, how to massage your face and neck while applying your product - for maximum benefit from the product and the time you spend caring for your skin.

Apply product liberally, covering your face entirely, then begin the movements.

Movement 1

A continuous stroke that covers the length of the face from the jaw line to the temples

- Start with your hands in the prayer position under your chin – fingertips in contact with the underside of your chin and thumbs resting on your collarbone.
- Slowly open your hands using your jaw line as a guide. Keeping your hands in full, firm contact with your skin, slowly move both hands outwards and upwards in a lifting motion.
- Continue the upward movement along the side of your face, past the outer eye and outwards across the temples. The last part of this continuous stroke is when the heel of your hand gently presses into the temples and the hand leaves the face just before the hairline.



Movement 2

Starts at the nose area and continues up to the forehead, across the eyebrows, around the eyes and cheekbone

- Start with your hands in a prayer position, but this time, place them on the sides of your nose as shown.
- Move your hands up along the sides of your nose with a firm upward sweep. As the movement glides upwards and reaches the bridge of your nose, gradually transfer pressure to the heel of the hand until it is firmly placed on your forehead.
- Continue the movement with the heel of your hand moving outwards and across the eyebrows/forehead working towards your temples. With the heel of your hands, work back towards your cheekbones. When under your cheekbones, begin to transfer pressure back to your index fingers as you return to the starting prayer position.



Movement 3

Concentrates on the neck and décolletage

- Turn your head to your left side. Using your left hand, reach your hand across your chest to the open neck area. Using the whole hand, make upward movements from the décolletage to jaw line. Do this 2 or 3 times to cover the whole neck area.
- Finish by stroking your hands firmly down into your décolletage.
- Now, turn your head to the right and repeat the process using the right hand.



Repeat these movements 2 to 6 times, until product is fully absorbed into your skin.

Questions?
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The result of over 50 years of Olay research, **Regenerist micro-sculpting cream™** has the highest concentration of our signature Amino-Peptide complex infused with Intracellular Fortifier and a touch of precious marine proteins. Indulge in this luxurious hydrating experience to progressively lift and micro-sculpt your skin. Follow the instructions and tips below to get the most out of this product.

How It Works

Intracellular hydration regenerates volume and shape across skin's 10 million surface cells, progressively lifting and micro-sculpting to help:

- firm sagging-prone areas, even the jaw line
- smooth skin's surface
- restore elasticity

How To Use

*We recommend that you use the **OLAY Regenerist micro-sculpting cream™** day and night for maximum results.*

- Apply product liberally to freshly cleansed face, taking a few seconds to warm the product between your hands before applying.
- Cover the entire face and neck area then sweep the product across your face until absorbed. Follow the contours of your bone structure as you apply the product and finish with your neck and décolletage.
- For best results, follow the micro-sculpting massage technique described on the opposite side of this insert.
- Can be used in combination with other skin care products. If used with other products, we recommend you use **micro-sculpting cream™** last.

Tips and Tricks

- Use more product at night when you have a little more time and practice the micro-sculpting massage technique. Enjoy feeling the structure of your face as you move and lift your hands along the contours.
- Use once a week as a hydrating masque. Treat yourself to a little extra product and take time performing more strokes and concentrating on the bone structure of your face as you lift the skin during the technique.
- As you use your product every day, smooth any extra product across the back of your hands. It will hydrate your cuticles and leave your skin feeling wonderfully smooth.

For more information and a more detailed consultation, visit www.olay.com