

My WEEKLY MASK SCHEDULE

MONDAY



Morning mask for glow

Start the work week right with a quick morning mask.

Apply the **PHYRIS Vitamin Depot Mask** before brushing your teeth & taking your shower. Rinse off at the end of your shower for instantly glowier skin.

Your make up will go on beautifully after this!

TUESDAY



Mask Roulette

Pick Your Favourite:

- ☐ **PHYRIS Anti-Stress Mask**
(Calming)
- ☐ **PHYRIS Retinol Mask**
(Skin Refining + Fine Lines)
- ☐ **PHYRIS Silver Balance Mask**
(Oil Control)

WEDNESDAY



Night mask for hydration

Hump day! You're already exhausted and so is your skin. Apply the **PHYRIS Hyaluron Sensation Mask** and leave overnight for skin to soak up its intensive hydration goodness.

Simply rinse the mask off in the morning - no need for moisturiser tonight!

THURSDAY



Anytime mask for Youth

There's always time for a moisturising & firming **PHYRIS Collagen Depot Mask!**

Apply in the morning before your make-up routine for dewy, supple skin.

Or use at night as a leave-on mask to repair, tighten and hydrate your skin as you sleep.

FRIDAY



Diy Facial day!

Finish your facial with a luxurious **Regeneration Biocellulose Mask** to seal in the active ingredients while lifting, hydrating soothing and smoothing the skin.

SATURDAY



Mask Roulette

Pick Your Favourite:

- ☐ **PHYRIS Anti-Stress Mask**
(Calming)
- ☐ **PHYRIS Retinol Mask**
(Skin Refining + Fine Lines)
- ☐ **PHYRIS Silver Balance Mask**
(Oil Control)

SUNDAY



Night mask for relaxation

Make sure skin is calm and ready to begin the week ahead.

Apply the **SkinOrigin Repair Mask** and leave on for 15 - 20 minutes. Its minty, cooling sensation will quickly calm, soothe and hydrate your skin.

NOTES: