

# ESSE ROUTINE

## Week 1 en 2



- Sensitive Cleanser
- Protect Oil
- Nourish Moisturiser

## Week 3



- Sensitive Cleanser
- **Sensitive Mist 3x p/w**
- Protect Oil
- Nourish Moisturiser

## Week 4



- Sensitive Cleanser
- **Sensitive Mist dagelijks**
- Protect Oil
- Nourish Moisturiser

## Week 5



- Esse Serums
- **3x per week**
- Geleidelijk verhogen