

# R+F Contour Neck Treatment

## Ramp Up + Usage:

Use **Contour Neck Treatment** once every other night for the first week. Increase to twice a day (AM + PM) as tolerated.

1. After cleansing and toning, apply Contour Neck Treatment to jawline, neck, and décolleté.
2. After AM application, wait until product fully dries and apply SPF to entire application area.

**Optional:** Once you've used Contour Neck Treatment following the ramp up guide with no continuing redness or irritation, amplify your results by incorporating the AMP MD® Derma-Roller into your routine 3x a week at night. Increase to nightly use as tolerated.

1. Gently roll over face, neck and décolleté 4–10 times per area, changing the direction (vertical, horizontal, diagonal) each time. Total rolling time should not exceed one minute total (for face, neck and décolleté). Rinse the derma-roller under warm water after each use.
2. Apply Contour Neck Treatment to jawline, neck and décolleté. Leave on + layer under moisturizer/SPF.

## DURING RAMP UP:

- Remember: increase to twice daily use *as tolerated*. If your skin is more sensitive and needs more time to acclimate, keep using the Week 1 usage recommendation for longer.
- During the first three weeks, only use Contour Neck Treatment and an SPF (AM) on neck.
- Avoid additional products containing Retinols, Alpha-hydroxy Acids such as Glycolic, chemical peels, microdermabrasion, or any scrubs and mechanical brushes
- If redness and/or irritation occur to the neck and decollete area, take a break from using for 2-3 days. During this time, we recommend using our Soothe Moisturizing Rescue Cream to reduce visible irritation.
- For additional information and answers to frequently asked questions, please visit RF Connection at [www.rodanandfields.com/helpcenter](http://www.rodanandfields.com/helpcenter)
- To contact RF Connection directly email at [rfconnection@rodanandfields.com](mailto:rfconnection@rodanandfields.com)

Disclaimer: The information in this flyer is not intended to be used as a substitute for medical advice. Results may Vary depending upon the individual and will depend on multiple factors including your age, gender, skin type and condition, concomitant products used, health history, where you live (climate, humidity), lifestyle and diet. Rodan + Fields makes no guarantee as to the results that you may experience.

**RODAN+FIELDS**

**Begin Contour Neck Treatment use slowly in order to let skin acclimate. Follow the schedule to ramp up for best results:**

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning							
Night	X		X		X		X
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning							
Night	X	X	X	X	X	X	X
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	X		X		X		X
Night	X	X	X	X	X	X	X
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	X	X	X	X	X	X	X
Night	X	X	X	X	X	X	X

## After proper ramp up of Treatment, add AMP MD Roller:

Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Treatment (AM)	X	X	X	X	X	X	X
Roller (PM)		X		X		X	
Treatment (PM)	X	X	X	X	X	X	X
Week 6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Treatment (AM)	X	X	X	X	X	X	X
Roller (PM)	X	X	X	X	X	X	X
Treatment (PM)	X	X	X	X	X	X	X