Your Fall Skincare Routine · Five Products, Morning and Night

Where each product goes, what to layer it with, and the one rule that never changes. **Eye cream first.**

YOUR FIVE FALL PICKS

ALL FIVE TAGGED 10% OFF · 20% OFF YOUR FIRST ORDER



SENSITIVE LINE

Sensitive Cleanser

Papaya enzymes + green tea. **Morning and night.**



ANTI-AGING LINE

Anti-Aging Pads

5% glycolic + 2% salicylic. **Pad nights only.**



ACNE LINE

Acne Recovery Cream

High-dose aloe + squalane. **Morning and night.**



GLP-1 LINE

Intense Body Repair

Retinol + four ceramides. **Every night, body.**



CLUB RVL ONLY

Emepelle Eye Cream

MEP for estrogen deficient skin. **Twice a day.**

THE ONE RULE

Eye cream first.

The skin around your eyes is the thinnest skin on your face. Emepelle goes on before your vitamin C, SPF and night actives to protect it. On pad nights, it goes on right after the pad.

THE NIGHT RULE

Alternate your nights.

Pad nights: Mon, Wed, Fri. Active nights: Tue, Thu, Sat, Sun. Cycling gives your skin time to recover as the weather turns. Your body gets Intense Body Repair every night.

HOW YOUR WEEK RUNS

1 · Every morning
Five steps. Page 2.

2 · Alternate nights
Pads M W F. Actives T Th Sa Su. Page 3.

3 · Every night
Body, collarbone to toes.

PICK NUMBER FIVE · WHY EMEPELLE

What MEP is

Methyl estradiolpropanoate. It binds the estrogen receptors in your skin and wakes them back up.

Acts only in the skin

An estradiol cousin that breaks down if it reaches the bloodstream. **Fine alongside hormone therapy.**

Who it is for

Perimenopausal and menopausal skin around the eyes, where thinning shows up first.

LAYER WITH · NOT PART OF THE 10% OFFER

C-Reserve

Your morning vitamin C. 15% vitamin C + DNA repair enzymes. C-Plus is sold out, so this is the swap.

Brightening Defense SPF 50

Last step every morning, after one full minute.

The Afterglow or Rx retinoid

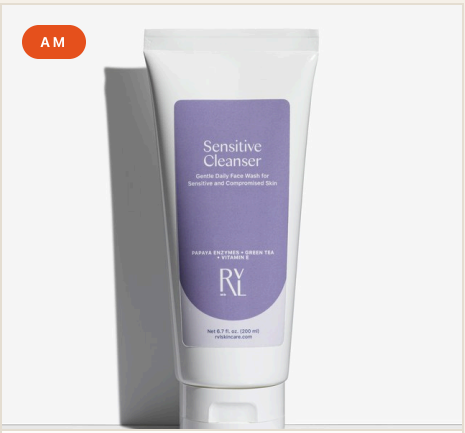
Your active on active nights only. One per night.

Prescription retinoids require a visit with your Board-certified Dermatologist.

Your Morning, In Order

EYE CREAM FIRST · SPF LAST

AM



1
Sensitive Cleanser

Face, neck and chest, in the shower. **Skip the scrub.**

AM



2
Emepelle Eye Cream

A tiny amount. **Tap along the orbital bone** with your ring finger.

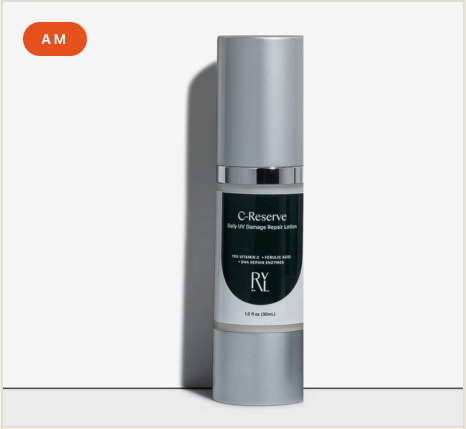
AM



3
Acne Recovery Cream

Pea-sized for face and neck. **Press in, no rubbing.**

AM



4
C-Reserve

15% vitamin C + DNA repair enzymes. Pea-sized, face to chest.

AM



5
Brightening Defense SPF 50

Wait one full minute. Two pumps: face, neck, chest, backs of hands.

WHY THIS ORDER

Eye cream first. SPF last.

Emepelle protects the thinnest skin on your face before anything else touches it. Brightening Defense goes on last, after your skin has had one full minute.

Every morning
FIVE STEPS

Sensitive Cleanser, **Emepelle**, **Acne Recovery Cream**, **C-Reserve**, then **Brightening Defense**. Same order, every day.

C-Reserve is a lipid-soluble vitamin C, so it layers cleanly over Acne Recovery Cream.

Pad Night, Active Night

NEVER BOTH ON THE SAME NIGHT

Pad night · Mon Wed Fri

PM



1 Sensitive Cleanser

Cleanse, then towel dry.



2 Anti-Aging Pads

One pad for the face, a second for the neck. **Leave on. No rinse.**



3 Emepelle Eye Cream

Tap along the orbital bone.



4 Acne Recovery Cream

Pea-sized, press in.

Active night · Tue Thu Sat Sun

PM



1 Sensitive Cleanser

Cleanse, then towel dry.



2 Emepelle Eye Cream

Goes on first.



3 The Afterglow or Rx retinoid

Wait one full minute. Keep your retinoid off your eyelids.



4 Acne Recovery Cream

Seals everything in.



Every night

GLP-1 LINE · BODY

Intense Body Repair, collarbone to toes. Retinol, four ceramides, hyaluronic acid and caffeine. Arms and legs show crepey skin first when you lose weight.

TWO RULES

Pads and an active never share a night.

Keep your retinoid off your eyelids.

PREGNANCY · TRYING TO CONCEIVE · BREASTFEEDING

Skip Intense Body Repair. Prescription retinoids pause too. Ask your dermatologist which routine fits this season.

2 SAFETY NOTES

New to retinol on your body? Start Intense Body Repair every other night for two weeks.

Patch test the pads. Try one on your inner arm before your first full use.

SKIN FEELING TIGHT OR RED?

Skip your next pad night. Cleanser, Emepelle, then a generous layer of Acne Recovery Cream. It is breakout-safe at any thickness.

BEFORE YOU START EMEPELLE

History of breast cancer or another estrogen-sensitive cancer? Clear Emepelle with your oncologist first.

Sources: RVL product labels; Emepelle Eye Cream open-label study in women with estrogen deficient skin, J Drugs Dermatol. 2022;21(11):1185.

Not medical advice. This guide is educational content for Club RVL members and is not a substitute for care from your own provider. Talk to your own dermatologist before changing your routine, especially if you use prescription treatments.

EPISODE PERKS

10% off
Your five tagged fall musts in the Club RVL Shop.

20% off
Your first order in the Club RVL Shop.

Free until Nov 2
Share it while it is free.

UP NEXT

Winter Musts
Dropping before the year is out.