



Quick and easy are two of my favorite adjectives to describe my morning routine. And my evening routine. Actually, any routine of mine. When I received the **Somme Institute** skin care line, I raised an eyebrow when I realized it was five steps. Five steps! But the promise of rejuvenating my skin compelled me to give it a shot.

**Step 1: Nourishing Cleanser**, gentle cleansing

**Step 2: Transport**, exfoliation without abrasion

**Step 3: Serum**, boosting collagen and lightening discoloration

**Step 4: A-Bomb**, accelerate cellular renewal

**Step 5: Double Defense**, protecting sunblock with SPF 30

The good thing about these five steps is that they are all based on Molecular Dispersion Technology 5 (MDT5). These products contain a molecular antioxidant compound of 5 highly engineered vitamins (A, C, E, D, B3 and B5) that penetrate deep within the skin to repair and rejuvenate skin cells. Somme Institute boasts that this formula can treat all skin types and conditions including acne, discoloration, sun damage, fine lines and wrinkles and the system claims it can also improve your skin tone and texture.

My skin is dry with a few wrinkles on the horizon and has two very obvious red splotches due to sun damage. After about five days, I could see results, but didn't think they were big enough for anybody else to notice. However, compliments starting pouring in. My husband asked if I had a facial. Co-workers were asking if my newborn was sleeping through the night because I looked so well-rested. The most exciting thing was the fact that the red splotches were diminishing. The result was an even, clear skin tone.

**Bottom Line:** I really like this line, my only qualm is the five steps. Couldn't they combine two or three? Is it possible to skip one? I don't want to find out because I'm happy with the results. I guess I just need to budget a few more minutes for my skin each day.