

# Crazy Beautiful Makeup

Tuesday, March 27, 2012

## Somme Institute 5 step regimen-A Review



### 5-STEP REGIMEN

Somme Institute contains our Patented technology MDT5 (Molecular Dispersion Technology), a revolutionary protein/vitamin delivery system (A, B3, B5, C and E) which transforms the skin, thus improving its tone, texture and clarity while reducing the signs of aging (for all skin types).

**Step 1:** Nourishing Cleanser (non-foaming/non-irritating)

**Step 2:** Transport (gentle exfoliant)

**Step 3:** Serum (with Vitamin C)

**Step 4:** A-Bomb (moisturizer with Vitamins A and E)

**Step 5:** Double Defense (SPF 30+)

**\$298.00**

As you know, if you have been reading my blog you know I suffer from acne prone skin. I lived in South Florida for a few years and the sun was not kind to me either. I started using this product and truly enjoyed just the way it made my skin feel and look. During the winter I suffer from combination skin where I am only oily in the summer, in the winter I am more dry.

I absolutely loved this entire line, the only product that seemed to give me issues was Step 2 which is the Transport step. I didn't read the steps to which it clearly states if your skin becomes sensitive use only once a day for a week and then switch to twice daily. So it dried my skin out within a few days but the other products were so moisturizing that they really helped out a lot.

My absolute favorite products are A-bomb and the Double Defense which I wear daily now.

This 5 step system really helped give my skin that glow everyone wants. It got rid of my dry flaky skin and made it much easier to apply my makeup. It also helps me not have to wear makeup unless I need too!

**For more information about this great 5 step program  
please visit their website**

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