

NIOD CHEATSHEET







Your easy NIOD GUIDE includes targets, when to use, conflicts, size & prices.

Free Delivery on orders over 25€\$ 30\$AUD







Updated 2/24. The information is correct at the time of publishing; always [refer to the official NIOD website](#) for conflicts and instructions on how to use the product beforehand.


The period after opening (PAO) is six months.

** links take you directly through to NIOD and are affiliate links*

NIOD Product	NIOD Product/Name	Targets	Solution	When	How To Use	Conflicts	Size	Price
	NIOD LVCE Low Viscosity Cleaning Ester BUY NOW	Cleansing Dryness	Anhydrous	AM & PM	Cleanser Massage a generous amount onto your dry face and then rinse. You could apply it to a cotton pad and use it without water.	No Conflicts <small>Always check the official page before using.</small>	240ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD SDSM2 Superoxide Dismutase Saccharide Mist BUY NOW	Antioxidant support Look of Redness Signs of Ageing Dryness	Water-Based	AM & PM	Spray Mist Apply to face and neck after cleansing. Use after cleansers (LVCE & SS) but before any products.	No Conflicts <small>Always check the official page before using.</small>	240ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD SS Sanskrit Saponins BUY NOW	Signs of Congestion Cleansing	Balm/ Masque	AM/PM	Cleanser & Masque Use this as a cleanser or apply as a masque for 5 minutes.	No Conflicts <small>Always check the official page before using.</small>	90ml & 180ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD FM Flavanone Mud BUY NOW	Signs of Congestion	Masque	PM	Masque. Apply to clean skin. Leave for 10 minutes, rinse and dry.	No Conflicts <small>Always check the official page before using.</small>	50ml & 100ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD VM Voicemail Masque BUY NOW	Uneven Skin Tone Textural Irregularities Signs of Ageing Dullness	Overnight Masque	PM	Overnight Masque. Apply a thin layer after water-based products like NIOD CAIS & MMHC2. Avoid using heavy creams after this. Massage for 20-40 seconds. Rinse off in the morning.	No Conflicts <small>Always check the official page before using.</small>	50ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD MC Myrrh Clay BUY NOW	Signs of Ageing	Masque	PM	Apply a thin layer and leave for 15 minutes.	No Conflicts <small>Always check the official page before using.</small>	50ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW

	NIOD MM Mastic Must BUY NOW	Visible Shine	Masque	AM/PM	Start with a clean face. Apply a generous amount to your face. Leave for 10 minutes then rinse with warm water. You could also use a hairdryer for 15 seconds to dry your face.	Direct Vitamin C Indirect Vitamin C <small>Always check the official page before using.</small>	90ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD CAIL Copper Amino Isolate Lipid 1% BUY NOW	Textural Irregularities Signs of Ageing Antioxidant support Dryness Uneven Skin Tone	Balm	PM	Apply a small amount and massage around the face. This spreads quite well once warmed up so only use a small amount.	Retinoids Direct Acids Direct Vitamin C Antioxidants <small>Always check the official page before using.</small>	15ml Tube	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD CAIS3 Copper Amino Isolate Serum BUY NOW	Signs of Ageing	Water-Based	AM & PM	Apply a few drops directly after cleansing.	Retinoids Direct Acids Direct Vitamin C Strong Antioxidants <small>Always check the official page before using.</small>	15ml & 30ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD MMHC2 Multi-Molecular Hyaluronic Complex BUY NOW	Signs of Ageing Dryness	Water-Based	AM & PM	If using CAIS3, apply CAIS3 + MMHC2. Otherwise, use directly after cleansing.	Direct Acids Direct Vitamin C Resveratrol & Ferulic Acid <small>These conflicts are new! Always check the official page before using it.</small>	15ml & 30ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD FECC Fractionated Eye-Contour Concentrate BUY NOW	Crow's feet Puffiness Dark Circles	Water-Based	AM & PM	Apply a drop to the eye area, including upper eyelids. Apply with other water-based products and before any oils or creams.	No conflicts <small>Always check the official page before using.</small>	15ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD LBLC Lip Bio-Lipid Concentrate BUY NOW	Lip Plumpness	Anhydrous	AM & PM	Apply a drop to the upper and lower lip, avoiding the skin. Use AM & PM for 30 days then reduce to once a day.	No Conflicts (conflicts were mentioned before) <small>Always check the official page before using.</small>	15ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD MG Modulating Glucosides (MG) BUY NOW	Antioxidant support Uneven Skin Tone Look of Redness	Emulsion	AM & PM	If you are using CAIS apply in this order CAIS + MG + MMHC2	Direct Acids Direct Vitamin C Resveratrol and Ferulic Acid <small>Always check the official page before using.</small>	30ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD HV Hydration Vaccine BUY NOW	Dryness	Balm	AM & PM	Apply after water-based products like CAIS & MMHC2 but before other creams and SPF	No Conflicts <small>Always check the official page before using.</small>	50ml & 100ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD NEC Neck Elasticity Catalyst BUY NOW	Textural Irregularities Signs of Ageing	Balm	AM & PM	Apply to the lower part of your face and neck AM & PM. Example Routine LVCE - CAIS - MMHC2 - NEC. Use before heavier creams. If using HV, apply HV after NEC.	No Conflicts <small>Always check the official page before using.</small>	50ml & 100ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW

	NIOD ELAN Ethylated L-Ascorbic Acid 30% Network BUY NOW	Antioxidant support Uneven Skin Tone Dullness	Anhydrous	PM	Apply a few drops to your face, avoiding eyes. Apply after cleansing and water-based products like MMHC2.	Copper Peptides Direct Acids Direct Vit C EUK Niacinamide Peptides Retioids <small>Always check the official page before using.</small>	30ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD RP RE: Pigment BUY NOW	Uneven Skin Tone Dullness	Water-based	AM & PM	Shake well. Apply a few drops to the face. Apply after cleaning and before heavy creams Example Routine CAIS - RP - MMHC2	Direct Acids Direct Vitamin C Resveratrol and Ferulic Acid <small>Always check the official page before using.</small>	15ml & 30ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD NAAP Non-Acid Acid Precursor 15% BUY NOW	Uneven Skin Tone Textural Irregularities Dullness	Emulsion	PM	Apply after water-based products like CAIS & MMHC2 but before creams Example Routine CAIS - MMHC2 - NAAP - HV. If using ELAN, apply ELAN - NAAP.	Copper Peptides Direct Acids Direct Vitamin C Resveratrol and Ferulic Acid <small>Always check the official page before using.</small>	30ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD PF8% Photography Fluid 8% BUY NOW	Primer (with colour)	Water-Based	AM & PM	Apply under or instead of or mix with foundations. You could also mix a few drops into your moisturizer. See which way works for you.	No Conflicts <small>Always check the official page before using.</small>	30ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD PF12% Photography Fluid BUY NOW	Primer	Water-Based	AM & PM	Apply under, instead of or mix with liquid foundation. You could also mix a few drops into your moisturizer. See which way works for you.	No Conflicts <small>Always check the official page before using.</small>	30ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD S0 Survival 0 (S0) BUY NOW	Antioxidant support	Emulsion	PM	Apply after cleansing/water based products but before oils and creams.	Copper Peptides <small>Always check the official page before using.</small>	30ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD S10 Survival 10 BUY NOW	Antioxidant support UV Protection	Emulsion	AM	Apply after all creams but before makeup. Reapply every 2 hours or after material water exposure, towel-drying, swimming, or extensive perspiration.	Copper Peptides <small>Always check the official page before using.</small>	30ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW
	NIOD S20 Survival 20 BUY NOW	Antioxidant support UV Protection	Emulsion	AM	Apply after all creams but before makeup. Reapply every 2 hours or after material water exposure, towel-drying, swimming, or extensive perspiration.	Copper Peptides <small>Always check the official page before using.</small>	30ml	Check the price in your currency by changing countries at the bottom of the website. BUY NOW

	<p>NIOD S30 Survival 30</p> <p>BUY NOW</p>	<p>Antioxidant support UV Protection</p>	<p>Emulsion</p>	<p>AM</p>	<p>Apply after all creams but before makeup. Reapply every 2 hours or after material water exposure, towel-drying, swimming, or extensive perspiration.</p>	<p>Copper Peptides</p> <p><small>Always check the official page before using.</small></p>	<p>30ml</p>	<p>Check the price in your currency by changing countries at the bottom of the website.</p> <p>BUY NOW</p>
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This is just a guide. Always read the instructions and patch-test products before using.