ROCK MELAN

EDITION NO. 1

HOW TO START AND USE YOUR KIT

The Doctor's Routine Guide

The routine designed to unlock glowing brown skin.



YOUR WRITTEN GUIDE

DR GOBINDER KASHMIRIAN
& DR SANAM DHILLON

IN THIS EDITION

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IMPORTANT

General education for cosmetic skincare, not personal medical advice. If you have a skin condition, use prescription skin medicine, or are under 18, check with your doctor before starting.

Pregnancy and breastfeeding. Our products do not contain retinoids or other ingredients known to be contraindicated in pregnancy. As with any active skincare, check with your GP, obstetrician or healthcare professional first.

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01 · START HERE

Welcome to the family

This guide shows you how to introduce your kit, follow your routine and know when to pause. Use it alongside the videos or on its own.



What's in your kit?



Radiance Cleanser

100 mL · Daily cleanse

Dewy Glow Serum

30 mL · Daily serum

Glow Blade

Dermaplaner + 5 replacement blades

THE DOCTOR'S STARTER PACK

This eBook, the how-to videos and your seat at our live Q&A: Thursday 10 December 2026 on Zoom. Time and link by email.

STORAGE TIPS

Serum: cool and dark, out of sunlight; a spare bottle is best kept in the fridge. Cleanser: cool and dry, cap closed. Glow Blade: wiped, dry and capped.

02 · YOUR SKIN

Suggested Video 2

Melanin's Problem 5

Five concerns we see again and again in clinic, and one thread that ties them together.



Pigmentation and uneven tone

Pigment cells in brown skin are more reactive; a healed pimple can leave a mark for months.



Oily, breakout-prone

More active oil glands and larger pores. Every breakout is inflammation.



Dryness

When the skin barrier is disrupted, skin can lose moisture more easily: shiny on top, tight or ashy underneath.



Sensitivity

Redness is harder to see, so irritation can build quietly before it shows.



Fine lines

They tend to arrive later for us, so prevention matters more than correction.

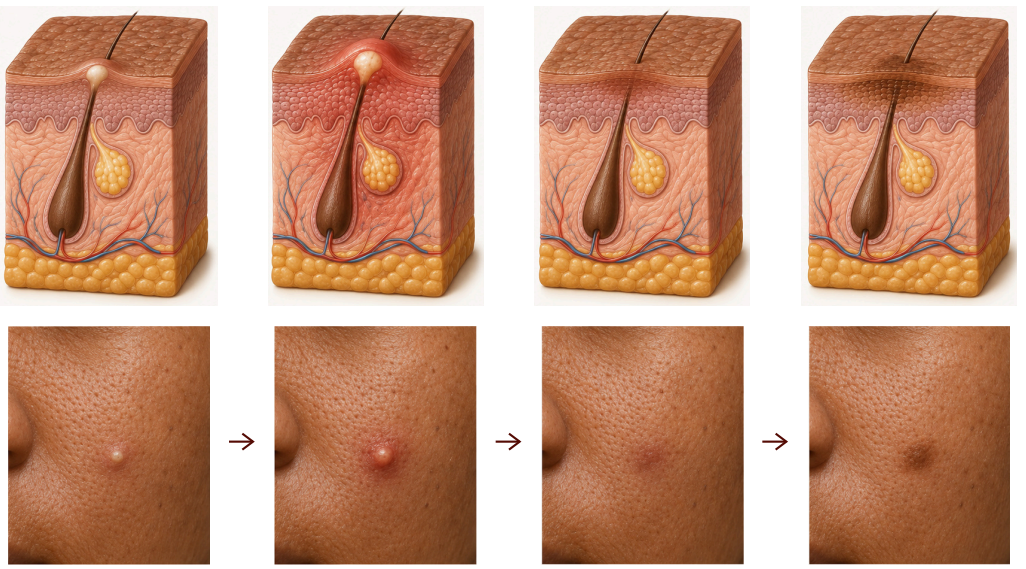
Illustrative skin examples; appearances vary.

Rock Melan is different. We target all 5 issues at the same time.

02 · YOUR SKIN

Suggested Video 3

The Irritation, Inflammation, Pigmentation Cycle



1. Acne spot
2. Inflammation
3. Healing
4. A flat dark mark

Illustrated sequence, not patient photographs or treatment results. Not every pimple leaves a mark.

OUR GOLDEN RULES FOR MELANIN-RICH SKIN

1. Know the inflammation–pigmentation cycle
2. Start low, go slow
3. Keep it simple
4. Skip the trends
5. Be consistent for 12 weeks
6. Pause if irritated
7. SPF every day
8. Choose your practitioner wisely

Stay consistent only while comfortable; results vary.

03 · BEFORE FIRST USE

Suggested Video 10

Start your routine

Move forward only while comfortable. Your SPF from day one.

STAGE 1 · PATCH TEST

Radiance Cleanser



YOUR RIGHT JAW

Dewy Glow Serum



YOUR LEFT JAW

5c

Each test area: about a five-cent piece.
Illustrated placement at your jaw angle, below the ear.

Cleanser: leave 1–2 minutes, then rinse. Serum: leave overnight if comfortable. Test on three nights. Area size, not product amount.

2 Serum in the evenings

After cleansing, use serum in the evening.

3 Build to morning + night

Add mornings once evenings feel comfortable.

4 Add the Glow Blade

After 1–2 weeks, once your routine is comfortable.

Reaction? Stop all three products and contact us. Page 15. Testing does not rule out a later reaction. Actives or retinol? Read page 14 before starting.

04 · YOUR ROUTINE

Suggested Video 9

Morning & evening

Once your routine is established and comfortable.

AM · Morning



Cleanse →  Serum → SPF 50+

Protect

Moisturiser if needed, before your SPF.

PM · Evening



Cleanse →

Heavy makeup or sunscreen?

Cleanse once more.

Double Cleanse · page 8

→ 

Serum

ONCE A WEEK · EVENING

Add the Glow Blade

After cleansing, before serum. Start after 1–2 weeks, once comfortable. See page 12.



Glow Blade

04 · STEP 1 · CLEANSE

Suggested Video 5

The Radiance Cleanser



DIRECTIONS

One or two pumps, left on for one to two minutes, so the actives have time to work.

The Standard Cleanse

For your everyday cleanse.

1.	SKIN	Rinse with cool or lukewarm water.
2.	AMOUNT	Take 1–2 pumps.
3.	MASSAGE	Massage gently onto damp skin; a little longer on your T-zone and uneven areas.
4.	LEAVE	Leave on for 1–2 minutes.
5.	RINSE	Rinse with cool water and pat dry.

Double Cleanse

For heavy makeup or sunscreen.

1.	SKIN	Rinse your face.
2.	EMULSIFY	Massage 1–2 pumps into makeup until it emulsifies; add a pump on heavy days.
3.	EYE MAKEUP	Gently work a little over your lashes. Keep out of your eyes.
4.	RINSE	Rinse thoroughly.
5.	REPEAT	Repeat the Standard Cleanse above.

> DOCTOR'S TIP
>
> Aim for soft, comfortable skin—not squeaky clean.

04 · STEP 2 · ACTIVATE

Suggested Video 6

The Dewy Glow Serum



DIRECTIONS

3–4 drops, morning and night.

A milky white, lightweight serum.



Illustrative model. Example placement; spread evenly.

THE SERUM ROUTINE

1. **Skin**
   Damp, or patted dry.
2. **Spread**
   Spread gently and evenly over your face, including nose and chin. A little more only if needed for coverage, including your neck.
3. **Absorb**
   Let it sink in before the next step.
4. **Then**
   Moisturiser if needed; SPF in the morning.

AROUND THE EYES

Pat what remains on your fingertips gently around your eyes and over your eyelids.

Avoid extra vitamin C/niacinamide and broken or sunburnt skin.

05 · DERMAPLANING

Suggested Video 7

How to dermaplane

1. Prepare your skin

Cleanse, then pat dry so your skin is slightly damp.

2. Hold, angle & stroke



Hold skin gently taut.
Blade nearly flat.



Short, light strokes
with your hair growth.

3. Rinse & finish

Rinse, cleanse again, then rinse and pat dry. The second cleanse is optional for sensitive skin. Follow with serum when comfortable. Full sequence: page 12.

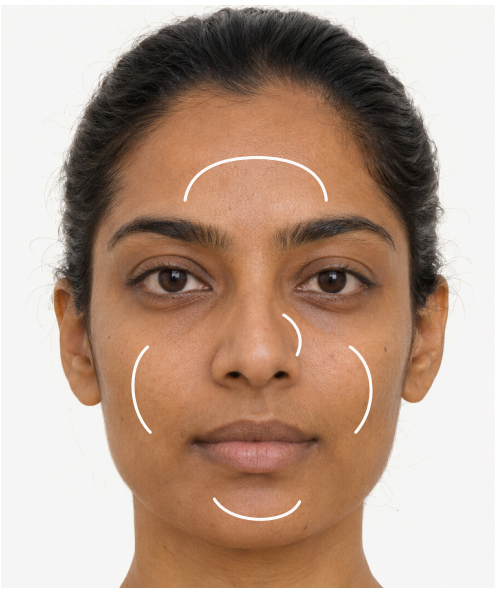
BEFORE YOU BEGIN

Start after 1–2 weeks, once your routine feels comfortable. Use on intact skin and fine facial hair only. Check the areas and cautions on page 11 .

05 · DERMAPLANING

Suggested Video 7

Where to use your Glow Blade



FOREHEAD
SIDE OF NOSE

CHEEKS
CHIN



Illustrative model. Short strokes with your own hair growth.

AVOID

Eyes and eyelids, nostril openings, lips, coarse hair, active pimples, broken or irritated skin.

Start on forehead and cheeks. Once confident: chin, jawline, skin above the lip and external nose skin—clear of nostrils and lips.

Wait for sunburn, rashes, infections or cold sores to settle. Ask first with retinoids/isotretinoin, eczema or rosacea, a recent peel/laser, keloid scarring, blood thinners or a bleeding disorder.

No pressure. Stop if painful.

05 · DERMAPLANING

Suggested Video 7

Your dermaplaning steps

1. Prep

Cleanse, then pat dry.

2. Dermaplane

Hold skin taut. Use short, light strokes with the blade nearly flat.

3. Rinse & cleanse

Rinse, cleanse again, then rinse and pat dry.

Second cleanse optional for sensitive skin.

4. Serum

Apply when skin feels comfortable.



YOUR GLOW BLADE

BLADE CARE

Wipe, dry and cap your blade. Replace after 3–4 uses.

Wait until calm before exfoliants or retinol. Avoid heat or products that sting. Your SPF the next morning.

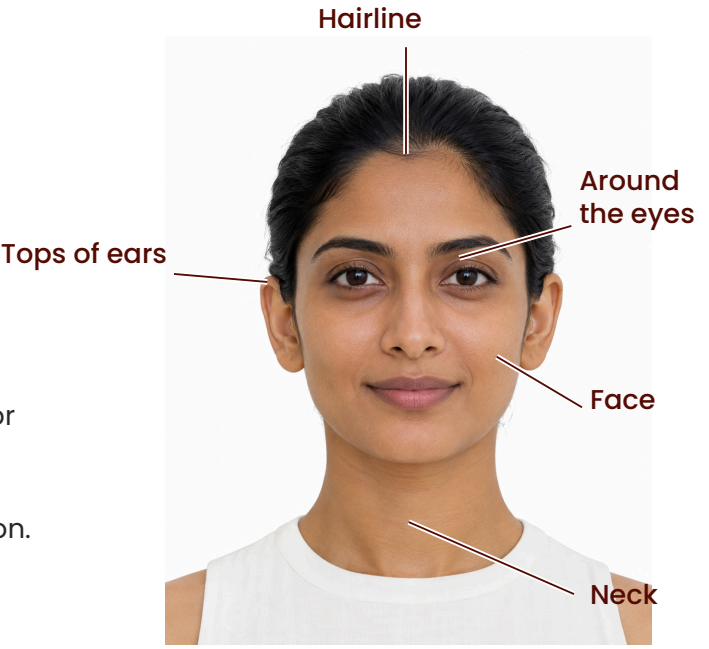
06 · PROTECT

Suggested Video 8

Your SPF 50+ every morning



Recommended dose for full-face application is two finger lengths of product or one teaspoon.



COVER EVERY AREA

Cover your face, hairline, tops of ears and neck.

Cover your hairline too. Around the eyes, choose sunscreen labelled suitable for the eye area; keep it out of your eyes.

Reapply every 2 hours outdoors, and after swimming, sweating or towel-drying.

06 · ADAPT

Simplify your routine

Old routine



Doctor's routine



Swap Your cleanser for Radiance Cleanser; your serums, including vitamin C and niacinamide, for Dewy Glow Serum.

Pause Separate exfoliating acids and scrubs. Your cleanser already contains gentle acids.

Keep Your SPF, and a lightweight, non-comedogenic moisturiser if your skin feels dry.

RETINOL, OVER THE COUNTER

Pause retinol in week 1. Once comfortable, introduce it at night every second or third night; build up slowly. Irritation? Stop all three kit products and contact us before restarting. Page 15.

Prescription skin medicine: follow your doctor's advice and check with them before starting.

07 · WHEN TO PAUSE

Skin reacting?

Stinging, burning, itching, bumps, hives, swelling, redness, tightness, flaking or a new dark patch.

Stop all three products.

Contact us before restarting.

info@rockmelan.com

Take a clear photo and email us. You can also DM @rockmelan.

INCLUDE IN YOUR MESSAGE

Your order number, when it started, your photos, and the batch number or a packaging photo if available.

If you're concerned about a severe reaction or allergy, seek medical advice promptly.

08 · TRACK YOUR PROGRESS

Your Day 0 photos.

Track your progress with photos. Changes take time.



RIGHT PROFILE | RIGHT 45° | FRONT | LEFT 45° | LEFT PROFILE

Illustrative model; photo-positioning guide.

Same light. Same height. Same distance.

1 Daylight, facing a window

2 Same spot, same time of day

3 No makeup, hair back, relaxed face

4 Flash off, no filters

5 Phone at eye level, about arm's length

6 Phone on a stand or ledge

DAY	WEEK	WEEK	WEEK
0	4	8	12

SHARE THEM AND WE WILL THANK YOU

Reply to our email with your Day 0 and Week 4 photos for a $50 voucher, and Week 8 for another $50. Any result counts.

08 · YOUR PROGRESS

Suggested Video 12

What to expect

A guide to what you may notice as your routine settles in.

Day 0

Take photos and introduce your routine gradually.



Weeks 0–4

Your skin may feel more hydrated and comfortable.



Weeks 4–8

You may start to notice a glow and some fading of lighter pigmentation.



Week 12 onwards

Pigmentation may fade further and skin tone may look more even.



Months 3–6

Improvements continue with consistent use, especially when it comes to pigmentation.



AI illustrations, not treatment results. Individual results vary. These are possible changes, not deadlines or guaranteed results. Continue only while comfortable.

The Rock Melan Guarantee: 30-Day Money-Back

If the serum or cleanser does not suit your skin, contact us within 30 days. Opened product is covered. Refunds are for the amount paid for that product; gifts are not refundable.



Thank you for trusting us with your skin.

Our mission is to change skincare for People of Colour everywhere, helping you feel confident in your choice of products and, more importantly, in your own skin.

Thank you for being part of this journey with us.

With love,
Dr Gobinder and Dr Sanam

@rockmelan · rockmelan.com