



Home Care Acne Instructions

*Do not use products with iodine - topical or internal.

Follow steps in order of products you have purchased

A.M. Routine

Step 1: *Exfoliating Scrub/Facial Cleanser* _____: Combine a nickel-size amount of product with warm water. Work into a lather using gentle circular motions on the face, neck, and chest. Rinse with clear water. Do not rinse products containing Benzoyl Peroxide over the eyes. Blot dry.

Step 2: *Spritzer* _____: Hold bottle eight to 12 inches from face. Spray a fine mist onto face, neck and chest. Allow product to absorb before applying next layer. Spritzer can also be used as a toner and applied with a flat cotton pad, and/or sprayed over makeup to set it.

Step 3: *Moisturizer* _____: Use as needed. Apply a light coat to dry areas of face, neck and chest. Allow product to absorb before applying next layer.

Step 4: *Sunblock* _____: Emulsify a dime-size amount between the palms of the hands. Apply an even layer to the entire face, neck and chest area. Re-apply hourly when outdoors, after swimming, or after perspiring. To maximize its protective benefits sunblock should be applied thirty minutes before sun exposure.

Follow with application of non-comedogenic make-up. Use of most over-the-counter products is discouraged. If using products from other sources it is the client's responsibility to check them for comedogenic ingredients. (LINK to comedogenic chart)

Aloe Cream: Use as directed to alleviate redness or irritation as the skin adjusts to new, more aggressive products. May be applied on top of make-up 2-3 times per day as needed.

P.M. Routine

Step 1: *Facial Cleanser* _____: Combine a nickel-size amount of product with warm water. Work into a lather using gentle circular motion on the face, neck and chest. Rinse with clear water. Do not rinse products containing Benzoyl Peroxide over the eyes. Blot dry.

Step 2: *Masque* _____: Apply a liberal amount of product to the face and

neck and wear for 15 to 20 minutes. If skin is oily, allow masque to dry. If skin is dry, spray masque periodically with Berry Spritzer. Remove using warm water and a washcloth. Can be used A.M or P.M - Do not use more than 2x per week.

Step 3: Ice face for two minutes concentrating on inflamed breakouts. Ice reduces inflammation and allows acne medications to penetrate better. Blot dry.

Step 4 - Night A: Glycolic _____%: Apply using a saturated flat cotton pad with a light, stroking technique. Do not scrub the product into the skin. Cover the face, neck and chest. Do not rinse off. There may be a light itching, prickling sensation for three to five minutes as the product penetrates. Use every night or every other night if alternating with Supreme A (do not use together).

Step 4 - Night B: Supreme A: Apply a dime size amount to face, neck and chest. Allow product to penetrate before applying next layer. Use every night or every other night if alternating with Glycolic (do not use together).

Step 5: Epidermal Growth Factor: Emulsify three pumps of product between the palms of the hands. Apply an even coat to the face, neck and chest. Massage gently until product is completely worked into the skin.

Step 6: Benzoyl Peroxide Medication _____%: Apply a thin layer to the entire face, avoiding the eye area. Allow to dry, then leave on overnight. If you are just starting to use BPO, please alternate and only use every other night for 2 weeks before using nightly on top of EGF.

Step 7: Spot treat inflamed lesions with Benzoyl Peroxide Medication. Use a cotton swab to dot the medication directly onto lesion, avoiding the surrounding skin. Allow to dry, then leave on overnight.

Step 8: Spot treat inflamed lesions with Acne Masque. Use fingertip to dot the masque onto affected areas. Allow to dry and leave on overnight.

Back and Chest Treatment:

Step 1: Cleanse and exfoliate skin with Tea Tree Scrub or Breakout Free Wash one to two times daily using a damp loofa or a gentle back brush.

Step 2: In the morning, apply Glycolic _____% to affected areas using a saturated cotton pad. Allow product to absorb before dressing. Glycolic will not bleach fabrics.

Step 3: In the evening apply an ample coat of BPO to affected areas. Allow to absorb before dressing. Wear a clean, white T-Shirt to bed as Benzoyl Peroxide may bleach colored fabrics. After using medication for two weeks, boost program by wearing medication twice daily. Apply medication in early evening, then apply a second layer at bedtime. Do not wear medication while exercising or during sun exposure. If client only has one or the other (of glycolic or BPO), use that on back and chest nightly. Discontinue if skin becomes too dry or irritated.

