



## Acne Skin Clearing System Home Care Regimen

### AM Compliance

**Step 1:** Cleanse with **Skin Clearing Cleanser** for acne grades 1-4. or **Ultra Gentle Enzyme Cleanser** for sensitive skin irritated from Retin-A or Accutane usage. **Purifying & Exfoliating Cleanser** can be used as an alternative to Skin Clearing Cleanser.

**Step 2:** (Optional) Exfoliate and control with **Gly-Sal Pads**. These are extremely beneficial for controlling acne skin.

**Step 3:** Exfoliate with **Skin Resurfacing Gel 12%**.

**Step 4:** Control with **Skin Clearing Gel 5%** or **Skin Clearing Gel 10%** and/or **Sulfur-Sal Gel**. Any of the three can be used as a spot treatment or full face treatment for acne and acne-prone skin.

**Step 5:** Nourish, protect, and replace moisture in your skin with **Retexture Crème** or **Light Recovery Complex**.

**Step 6:** Protect with **Ultra Protection SPF 30**.

**Step 7:** Total Eye Care. Apply **Eye Youth** around the delicate eye tissue.

**Step 8:** (Optional ) Apply makeup - water based or mineral.

### PM Compliance

**Step 1:** Cleanse the same as AM.

**Step 2:** (Optional) Exfoliate and control with **Gly-Sal Pads**. These are extremely beneficial for controlling acne skin.

**Step 3:** Exfoliate, control, and cleanse. **Purifying & Calming Masque** helps keep your pores purified and clean and reduces inflammation and redness. **Fruit Acid Masque** exfoliates and helps keep your pores from clogging, leaving your skin fresh and clean. **Derma Scrub Microdermabrasion Crème** eliminates damaged skin, thereby stimulating new, young, healthy, skin cells to emerge. It also enhances the efficacy of professional treatments. **Double Enzyme Masque** helps reduce dead skin cell buildup leaving your skin clean and soft. **Skin Soothing Masque** is used to calm and hydrate your skin. Use one or all at least once a week.

**Step 4:** Exfoliate and control with **Skin Resurfacing Gel 12%**. If you are using Retin-A or Renova, mix a pea-sized portion of Retin-A or Renova with a pea-sized portion of Skin Resurfacing Gel 12% and then apply the mixture evenly over your skin. Rotate every other night with **Skin Clearing Gel 5%**, **Skin Clearing Gel 10%**, or **Sulfur-Sal Gel**. Spot treat acne lesions with **Skin Clearing Gel 5%**, **Skin Clearing Gel 10%**, or **Sulfur-Sal Gel** as needed.

**Step 5:** Nourish, protect, and replace moisture in your skin with **Retexture Crème** or **Light Recovery Complex**.

**Step 6:** Total Eye Care. Apply **Eye Youth** around the delicate eye tissue.

**Note:** Not all of the products listed in these steps are included in this system. While this system contains amazing products that will achieve dramatic Visual Changes® in your skin, the additional products mentioned in the above steps will help produce even more dramatic results. Additionally, your doctor may recommend a prescription to use in conjunction with this Home Care Compliance Program.

**If you have any questions, please call your skin care specialist:** \_\_\_\_\_