

Acne Consultation

What is Acne?

Acne is an inherited disorder of the pores – pores that shed dead skin cells much faster than normal. Normal pores shed about one layer of dead skin cells per day inside the pore. The acne-prone pore sheds up to five layers of dead skin cells per day and the body just can't keep up. This forms the microcomedone, the beginning of all acne. Taking up to 90 days, it turns into blackheads or congestion under the skin; or if bacteria is present (which just loves to feed on the dead skin cells and oil), it turns into inflamed pimples or pustules and maybe even cysts.

How Long Will It Take to Get Clear?

Because it takes up to 90 days for acne to form, you may still have 90 days of acne that will surface. Our acne products and protocol will keep the new acne from forming that would surface 90 days from now. The Face Reality Acne System will have your acne under control in about three to six months (in most cases) depending on your type of acne. Some types of acne take longer to clear. Your Acne Specialist will customize a home care regimen that takes at least five things into consideration - your type of acne, your skin type, your skin color, your skin sensitivity and your environment. The biggest part of getting your skin clear will be your commitment to doing your home care regimen as instructed and following lifestyle guidelines.

What You Must Do

- Your **custom home care regimen** twice daily
- Treatments and/or assessment from your esthetician **every two weeks**
- Home Care Adjustments – consistent adjustments to boost your home care regimen
- **Lifestyle Adjustments** - foods, medications, cosmetics, stress, and pore-clogging ingredients in skin and hair products

Your progress will be closely monitored by a Face Reality Certified Acne Specialist who will make sure you have the best regimen for your skin - making adjustments, if necessary, to get your skin healthy and clear in the fastest way possible.

What Are Adjustments to Home Care?

We assess your skin every two weeks to see if we can make your regimen a bit stronger. We do not want your skin to get used to products, but also not make the regimen so strong that your skin gets dry and irritated. This method will keep your skin clearing up. It's important to know that if adjustments are not made, your progress may stall. If, for some reason, you cannot make it in for a treatment, you must contact your Acne Specialist to get your next set of instructions for home care adjustment.

Treatments

Very mild corrective peels are used to boost the home care along with extractions of existing acne. If your skin is dry or irritated, we will opt for an enzyme/steam with extractions.

Lifestyle Choices Affecting Acne

Laundry

Fabric Softener

Do not use this in the washer and/or the dryer (no dryer sheets). The waxy residue gets on your pillowcases, towels, wash cloths, and sheets that have direct contact with the skin. The residue will clog pores of acne-prone individuals. If you want something to stop static cling in your dryer, you can get antistatic balls at Bed Bath and Beyond, Target, or online.

Detergent

Detergents with fragrance can cause skin irritation. Best to use fragrance-free such as Cheer Free, All Free & Clear, Tide Free, and Arm & Hammer Free.

No Water Softeners

There is some evidence that water softeners can lead to acne, especially those containing high amounts of potassium chloride.

Swimmers

Swimming pool disinfectants contain iodides and chlorine which can remain in the water, causing skin problems for frequent swimmers. We advise applying a thin layer of Vaseline before you get in the pool.

Sun Exposure and Acne

Although sun exposure causes desirable scaling and drying, it also damages the follicle, exacerbates dark spots, and causes skin cancer as well as premature aging. Always wear your sunscreen, even if it's overcast and/or raining.

Beware of Hand Lotions

If you are using a comedogenic hand lotion and then leaning your face on your hands (many do this in front of the computer) or sleeping on your hands, this could contribute to your acne.

Breakouts Around Your Mouth Area?

Many lip balms, toothpastes, and even facial tissues have comedogenic ingredients in them. So, if you see breakouts around your mouth area, this is possibly why. We recommend Vaseline or Aquaphor for a lip balm and toothpaste without SLS (sodium lauryl sulfate). Many well-known tissue brands are infused with things like coconut oil, isopropyl myristate, and SLS, all of which will clog the pores.

No Picking or Squeezing!

Instead, rub ice on pustules and pimples for a couple of minutes, twice a day. IMPORTANT: if you pick, squeeze, and break the skin, that scab will leave a red or dark mark that will be there for months, making your skin look WAY worse than if you left it alone.

Birth Control and Hormone Replacement

Avoid low estrogen birth control pills. "Lo" dose pills are higher in androgen hormones that can make acne prone skin worse (see our handout on birth control pills). Norplant, Provera, Depo-Provera shots, most IUDs like Mirena, Skyla and Liletta can be a problem. Also, the Nuvo Ring can cause breakouts. Progesterone hormone replacement Premarin can be problematic. If you have polycystic ovaries, they will cause hormonal changes and breakouts.

Recreational and Prescription Drugs Recreational drugs

Marijuana, cocaine, speed, and steroids used by bodybuilders Prescription drugs – topical and oral steroids, anticonvulsants, Lithium, thyroid meds, Quinine, Isoniazid, Immuran, Danazol, Gonadotrophin, Cyclosporin, Disulfuram, Phentermine, ADD/ADHD drugs. See handout if you want more information.

Chemicals

Coal tars (roofers), grease (mechanics, cooks, waiters), chlorinated industrial chemicals, dioxin.

Food and Supplements Affecting Acne

Foods

This is a guideline only—We are not asking you to eliminate foods or food groups completely; we do suggest you cut back and moderate some food types. The “Try to Reduce” group has been proven to be a problem for most acne sufferers. We also know that some people have trigger foods such as citrus, but this is not across the board.

Try To Reduce	Acceptable Substitute
Iodides	
Iodized Salt	Sea Salt, Uniodized Salt, Celtic Salt
Milk (including organic and especially nonfat)	Almond Milk, Coconut Milk, Rice Milk
Cheese	Nut cheese
Whey or Soy Protein Shakes and Protein Bars	Pea Protein, Egg White Powder, Hemp – still check for iodides and biotin before buying (Vega Sport Performance Protein & Perfect Fit are a few safe ones.)
Soy – e.g., tofu, soy milk, tempeh, edamame, soy sauce	
Seafood, Shellfish e.g., cod, scallops	Fresh Water Fish – lake trout, bass, catfish
Spirulina, Chlorella, Blue-Green Algae	
Kelp, Miso Soup, Seaweed, Seaweed Supplements	
Vitamins with iodides, iodine, kelp, potassium iodide (also avoid Biotin and B12)	
Foods High in Androgens	
Peanuts, Peanut Butter	Almond Butter or other nut butters
Peanut Oil, Corn Oil, Canola Oil	Olive Oil, Coconut Oil
Shellfish	
Organ Meats including patè	

Supportive Foods/Beverages

Foods/Beverages
Ceylon Cinnamon
Apple Cider Vinegar
Green Tea especially Matcha

Antioxidant "Helper" – Foods High in Selenium

Brazil Nuts
Pinto Beans
Halibut
Wild – caught salmon
Oats
Navy beans
Chicken
Spinach

Foods/Beverages**Anti-Inflammatory Support**

Turmeric
Ginger
Green Tea (especially Matcha)
Ceylon Cinnamon
Foods High in Vitamin B3

- Crimini Mushrooms
- Tuna
- Chicken Breast
- Fish (Halibut, Salmon, Sardines)
- Leafy Greens
- Asparagus

More Anti-Inflammatory Support

Foods High in Omega-3
Fatty Fish
Salmon
Sardines
Atlantic Mackerel
Anchovies
Herring
White Fish
Omega-3 Enriched Eggs
Walnuts
Deep Leafy Greens – Spinach, Kale, Watercress
Blueberries
Hemp Seeds
Mustard Seed
Brussel Sprouts Winter Squash
Navy Beans

Foods to Avoid

Foods That Cause Inflammation:

Trans Fats

- Cakes, pies and cookies
- Biscuits
- Breakfast sandwiches
- Margarine (stick and tub)
- Crackers
- Microwave popcorn
- Cream-filled candies
- Doughnuts

Overheated fats – baked foods/ fried at high temperatures

Excess Sugar

Omega-6 oils (most vegetable oils) and not enough Omega-3s

Known Food sensitivities (examples – fruit, gluten)

A well-balanced low-glycemic diet can support all aspects of health, including your skin.

Supplements

The following supplements have been found to be useful in aiding your recovery from acne. Your esthetician may make recommendations based on the type of acne you have.

Anti-Inflammatory Supplements

Zinc Monomethionine

This form of zinc is the most bio-available form that acts directly as an anti-inflammatory. Many people with acne have low levels of zinc in their body. Supplementing with zinc has been shown to reduce the severity of cysts and inflamed lesions. It has also been shown to be beneficial for helping improve many of the dermatological symptoms in women with PCOS (Polycystic Ovary Syndrome).

Omega 3 Fish Oils

Fish oil is a great anti-inflammatory and helps to alter sebum production; HOWEVER, only if it is molecularly distilled or pharmaceutical grade. Unfortunately, many fish oil supplements are oxidized which creates more inflammation. So, only take it if you are sure about your source. Read our handout for more information.

Skin Accumax®

The Single Pack contains 60 capsules. \$65.80

A nutritional supplement for problem skin made with a patented formula of Vitamins A, C & E plus diindolymethane (DIM). Uniquely designed to deliver maximum results designed to promote healthy skin in order to help clear non-cystic acne and improve problem skin in general.

Suitable for all skin types, it works from the inside to improve the quality of skin throughout the body. Scientists have blended a specific combination of vitamins with diindolymethane (DIM), a phytonutrient identified in cruciferous vegetables.

This precise concentration of active ingredients has a powerful effect on the health and look of the skin. For maximum benefits, **two capsules twice a day with food**, recommended for a **minimum of 14 weeks**.

Not Suitable for:

- Women who are pregnant
- Anyone planning pregnancy
- Breastfeeding mothers
- People under 16 years of age
- Those under medical supervision. It is important to consult a doctor before use.

Vitamin A

An antioxidant found in brightly colored vegetables.

- Balances sebum so skin is less oily
- Reduces hyperkeratinization (thickening of the skin)
- Stimulates blood circulation to the skin
- Promotes cell turnover to aid skin healing

Vitamin C

An antioxidant found in citrus fruits and several vegetables.

- Stimulates collagen production
- Reduces redness
- Boosts the immune system
- Helps iron absorption

DIM (Diindolymethane)

A natural plant nutrient found in cruciferous vegetables.

- Supports detoxification, reduces oxidative stress & improves metabolism

Skin Omegas

The Single Pack contains 60 capsules. \$47.00

Skin Omegas – Omega-3 fatty acids are known as the “good fat” and are a vital part of a balanced diet. Made from premium, highly purified omega-3 fish oil and omega-6 from evening primrose oil, Skin Omegas helps maintain skin integrity and a healthy lipid layer for a smooth, luminous complexion.

They play a crucial role in cell renewal throughout the body, including the skin. Because omega-3 is anti-inflammatory, all skin types can benefit from it, including dry, sensitive and acneic skin. Omega-3 also helps to increase hydration and overall smoothness.

Skin Omegas is a perfect companion to any skincare regimen. Easy to digest with no aftertaste.

Recommended: **Two capsules a day with food**

Not Suitable for:

- **Anyone using anticoagulant medication such as heparin, warfarin (Coumadin®) must consult a doctor before taking Skin Omegas.**

Omega-3 fatty acids

An essential fatty acid found in fish oils.

- Reduces inflammation
- Enhances protection barrier
- Increases hydration and smoothness

Omega-6 fatty acids

An essential fatty acid found in nuts and oils.

- Reduces inflammation
- Helps to calm irritation

Gut Health

Probiotics

These are good bacteria that colonize the digestive tract and the skin. They can help people who have been on long-term antibiotics (both oral and topical). These good bacteria compete with the pathogenic bacteria and can help improve the incidence of breakouts.

Antioxidant Support

The acne-prone are generally lower in antioxidants than the general population.

We recommend getting your antioxidants from fresh food sources, but here is the RDA for them.

Vitamin A – 700 mcg – women; 900 mcg – men

Vitamin C – 75 mcg – women; 90 mg – men

Vitamin E – 15 mg

Zinc – 30 mg

N-Acetylcysteine – 1000 to 1500 mg

Selenium – 55 mcg (antioxidant assistant)

Insulin Support

Elevated insulin stimulates androgen production which stimulates more oil and increased sensitivity to androgen's effects on the skin. It's best to get insulin support by wise food choices, but here is the RDA. Berberine – 500-1000 mg

Chromium – 150 mcg

Vitamin D – 400-800 IU

Choosing a High-Quality Omega-3 Fish Oil

Omega-3 fatty acids are found in high concentrations in cold water ocean fish such as sardines, anchovies, herring, salmon and mackerel. Research indicates that Omega-3 fish oil promotes an anti-inflammatory response in the body, preventing and improving symptoms of common diseases and ailments. Studies have shown that people who suffer from chronic inflammatory acne may benefit from taking therapeutic doses (1000-1700 mg) of purified omega-3 oils daily. With recent scares regarding the purity of ocean fish, and thereby the safety and efficacy of supplements derived from them, it is a good time to revisit how to go about choosing a high-quality fish oil supplement. Use the checklist on the next page to help you select a superior and effective fish oil supplement.

The label is important, so read it. The vital ingredients in fish oil supplements are omega-3 fatty acids, or EPA and DHA. These two fatty acids are the only ones that matter in reducing inflammation and chronic breakouts. The amount of each should be shown separately and should total between 1,000-1,700 mg per serving. There should be a higher ratio of EPA to DHA, about 2:1 or thereabouts. Many labels simply mention the total count of omega-3 fatty acids.

This information is not helpful because you don't know the actual amount of EPA and DHA. Similarly, if the EPA and DHA is stated on the bottle, but in lower amounts, be sure you will be able to take all the capsules necessary to get your daily dosage of

1,000-1,700 mg. Some popular drugstore and health food brands have such a low amount of EPA and DHA that one would have to take 12 capsules just to get the adequate daily amount!

Look for molecularly distilled or pharmaceutical grade fish oil. This should be mentioned on the label. This is the highest-grade fish oil because it is molecularly distilled, avoiding oxidation of the fish oil. This is also the only process that successfully removes impurities and contaminants (mercury, dioxins, PCBs, etc.). Lastly, it produces a more concentrated form of fish oil with higher potencies of EPA and DHA, so less capsules to swallow!

Find out some information about the manufacturer. Check out some other products they produce. Do some research to see how long they have been in business and if they have a good reputation. Here is a great website for comparing brands: <http://www.ifosprogram.com/consumer-reports.aspx>

Look for capsules that have enteric coating. This coating ensures that the capsules will break down lower in your digestive tract, not in the stomach, minimizing those unpleasant fishy burps that many people experience after taking fish oil supplements.

Look for Vitamin E. Vitamin E helps to prevent oxidation during storage, keeping the oils from turning rancid. Vitamin E will usually be listed under "Other Ingredients" as tocopherols or mixed tocopherols.

By carefully choosing the right fish oil supplement, you optimize the potential benefits that Omega-3 fatty acids can impart to you. Many health practitioners agree there are many benefits to taking a quality fish oil supplement, especially for the immune system, heart, brain and joints. Of special interest to acne sufferers, they may help regulate hormones, minimizing the intensity and duration of inflammatory breakouts.

***Please note:** Although there is no known toxicity associated with using fish oils over long term, you should check with your physician particularly if you have a chronic underlying illness or are pregnant. According to the FDA, you should not take more than 2,500 mg of Omega-3s daily unless under the recommendation of a physician.

Zinc Supplements

These supplements can upset your stomach. To prevent nausea, always take OptiZinc with food. Zinc is an essential trace element for humans and there is evidence that it is similar to antibiotics in improving the condition of inflamed acne. The effective dosage is not clear. However, most studies indicate 50-100mg (The OptiZinc tablet that we sell are 30MG). We advise you to not take any more than 100mg because excessive zinc may lead to deficiencies in other vitamins and minerals. One of the reasons that we like OptiZinc is that it contains copper and copper is one of the minerals that can be depleted by taking zinc supplements.

We also recommend discontinuing daily use of zinc once your skin is completely clear. We are not recommending this as a preventative. If you would like more information to help you make decisions about the benefits, proper dosage and best formulation of zinc supplements, we highly recommend doing further research and consulting with your doctor.

Pore Clogging Ingredients in Skin Care

Below is a list of ingredients to avoid in all skin care, acne care, makeup, and hair products. **Do not ever put anything on your skin or your hair without checking the ingredients first**, even if it says “Won’t Clog Pores” or “Non-Comedogenic” on the bottle.

Warnings

Natural oils can be some of the worst offenders, like cocoa butter and coconut oil which are found in many “organic” skincare lines. Other oils such as jojoba, olive, and lanolin are mildly comedogenic and can be a problem if formulated with other comedogenic ingredients. Some prescription products like the cream form of Retin-A have pore cloggers. Many over-the-counter acne medications also have pore clogging ingredients. “Oil-free” products can be comedogenic.

Makeup

Loose powder, mineral make-up tends to be the safest choice, but still should be checked. Bare Minerals Original Formula loose powder foundation is a safe choice; however, the newer Bare Minerals Matte is NOT a safe choice—it contains soil minerals. We do not recommend any of the pressed Bare Minerals blushes, bronzers, or veils. Any pressed or liquid products should also be checked for pore-clogging ingredients.

- | | | |
|--|--------------------------------|--------------------------------|
| • Acetylated Lanolin | • Ethylhexyl Palmitate | • PEG 16 Lanolin |
| • Acetylated Lanolin Alcohol | • Glyceryl Stearate SE | • PEG 200 Dilaurate |
| • Algae Extract | • Glyceryl-3 Diisostearate | • PEG 8 Stearate |
| • Algin | • Hexadecyl Alcohol | • PG Monostearate |
| • Butyl Stearate | • Hydrogenated Vegetable Oil | • PPG 2 Myristyl Propionate |
| • Carrageenan | • Isocetyl Alcohol | • Plankton |
| • Cetyl Acetate | • Isocetyl Stearate | • Polyglyceryl-3 Diisostearate |
| • Cetearyl Alcohol + Ceteareth 20 | • Isodecyl Oleate | • Potassium Chloride |
| • Chondrus Crispus (aka Irish Moss or Carageenan Moss) | • Isopropyl Isostearate | • Propylene Glycol |
| • Chlorella | • Isopropyl Linolate | • Monostearate |
| • Coal Tar | • Isopropyl Myristate | • Red Algae |
| • Cocoa Butter | • Isopropyl Palmitate | • Seaweed |
| • Coconut Alkanes | • Isostearyl Isostearate | • Shark Liver Oil (Squalene) |
| • Coconut Butter | • Isostearyl Neopentanoate | • Shea Butter |
| • Coconut Oil | • Kelp | • Sodium Laureth Sulfate |
| • Colloidal Sulfur | • Laminaria Digitata Extract | • Sodium Lauryl Sulfate |
| • Cotton Awws Oil | • Laminaria Saccharina Extract | • Solulan 16 |
| • Cotton Seed Oil | • (Laminaria Saccharine) | • Sorbitan Oleate |
| • D & C Red # 17 | • Laureth-23 Laureth-4 | • Soybean Oil (Glycine Soya) |
| • D & C Red # 21 | • Lauric Acid | • Spirulina |
| • D & C Red # 3 | • Mink Oil | • Steareth 10 |
| • D & C Red # 30 | • Myristic Acid | • Stearic Acid Tea |
| • D & C Red # 36 | • Myristyl Lactate | • Stearyl Heptanoate |
| • Decyl Oleate | • Myristyl Myristate | • Sulfated Castor Oil |
| • Dioctyl Succinate | • Octyl Palmitate | • Sulfated Jojoba Oil |
| • Disodium Monooleamido PEG 2-Sulfosuccinate | • Octyl Stearate | • Wheat Germ Glyceride |
| • Ethoxylated Lanolin | • Oleth-3 | • Wheat Germ Oil |
| | • Oleyl Alcohol | • Xylene |

Medications that Cause Acne

Medication	Issue	Medication	Issue
Antibiotic	Need to take a probiotic to balance gut flora	Androstendione	Hormonal medication that aggravates acne – will take longer to clear.
Accutane	Must wait at least one month after stopping medication	Testosterone	Hormonal medication that aggravates acne- will take longer to clear.
Benzoyl Peroxide	Ask if it was in a cleanser or if they spot treated only with it. If so, must do timed schedule	Progesterone	Hormonal medication that aggravates acne – will take longer to clear.
Retin A Cream/Gel	Must wait two weeks after stopping use. Cream is comedogenic.	Thyroid Medications	High levels of iodides – will aggravate acne.
Tazorac	Retinoid – Must wait two weeks after stopping use.	Gonadotrophin	Hormonal med for pituitary disorder – stimulates testosterone.
Differin	Retinoid- Must wait two weeks after stopping use	Danzol	Androgen that treats endometriosis. Causes acne.
Azelex	Retinoid- Must wait two weeks after stopping use.	Cyclosporin	Drug to reduce transplant rejection. Aggravates acne.
Avita	Retinoid- Must wait two weeks after stopping use	Lithium	For bipolar disorder. Can cause acne – will be hard to clear.
Cleocin-T	Antibacterial – Must wait two weeks after stopping use.	Isoniazid (INH)	Treats TB. Has side effect of acne.
E-mycin-T	Antibacterial – Must wait two weeks after stopping use.	Immuran	Immunosuppressant for organ transplant. Suppresses body's ability to fight bacteria
Copaxone	Treats MS. Can cause skin rashes	Disulfuram	(Antabuse) For enforced sobriety of alcoholics. Can cause acne
Corticosteroids	(Prednisone) Treats asthma/lung diseases. Stimulates sebum production	Dilantin/Tegretol	Anticonvulsant. Acne is a side effect
Quinine	Prevents/treats malaria. Acne is a side effect	Steroids – Topical products & supplements	Can cause monomorphic acne
Cocaine/Speed	Raises cortisol levels which can aggravate acne	Marijuana	Raises, then lowers testosterone levels. Tough to clear users.

Birth Control for Acne Simplified

Birth control pills, IUDs, implants and shots are widely used today and prescribed often as a means to control acne. Most forms of birth control can have the potential to cause acne and weight gain in those susceptible. Typically birth control is divided up as estrogen or progestin dominant and have varying degrees of androgenic (testosterone like) effects. As a general rule of thumb, those with the potential for higher androgenic symptoms should be avoided for people prone to acne because they promote breakouts. As an acne sufferer it is important to speak with your doctor about selecting a form of birth

control that is **higher in estrogen and lower in androgen potency**. The most commonly prescribed in this category are:

Brevicon	Necon	Tri-Nessa
Demulan	Ortho Tricyclen	Tri-Previferm
Femcon	Ortho-Novum	Tri-Sprintec
Kelnor	Ovcon	Zovia
Modicon	Previferm	
MonoNessa	Sprintec	

It is best to avoid the following that are high in androgen activity and low in estrogen, which are some of the following:

Alesse	Kariva	Nexplanon
Amethyst	Lessina	Nordette
Apri	Levora/Levonest	Norplant
Azurette	Linessa	NuvaRing
Caziant	Loestrin	Ogestrel
Cryselle	Lo-Feminol	Ortho Tricyclen Lo
Cyclessa	Lo-Ogestrel	Ovral
Depo-Provera	Lo-Ovral	Paragard/Copper IUD
Desogen	Lutera	Portia
Emoquette	Marvelon	Reclipsen
Estrostep Fe	Microgestin	Seasonale/Seasonique
Implanon	Mircette	Sronyx
Jolessa	Mirena or Skyla IUD	Triphasil/Trivora

Bottom Line on Birth Control Pills and Acne

Choose a birth control pill that contains BOTH:

1. A higher dose of Ethinyl Estradiol (at least 35 mcg)
2. A progestin with a low androgenic effect

How do I check to see if a pill is safe?

Go to rxlist.com or google.com and search for the name of the pill. Find the drug information.

Example: Lutera

Each active, white tablet (21) contains 0.1 mg of levonorgestrel, d(-)-13 β -ethyl-17 α -ethinyl-17 β -hydroxygon-4-en-3-one, a totally synthetic progestogen, and 0.02 mg of ethinyl estradiol, 17 α -ethinyl-1,3,5(10)-estratriene-3, 17 β -diol

THIS PILL IS NOT OK – 0.02 mg is 20 mcg

Example: Ortho Tri-Cyclen Lo

Each active, white tablet (21) contains 0.180 mg of norgestimate (+)-13-Ethyl-17-hydroxy-18, 19-dinor-17 α -pregn-4-en-20-yn-3-one oxime acetate (ester) and 0.025 mg of the estrogenic compound, ethinyl estradiol (19-nor-17 α -pregna,1,3,5(10)-trien-20-yne-3,17-diol)

THIS PILL IS NOT OK – 0.025 mg is 25 mcg

Example: Ortho Tri-Cyclen

Each gray tablet contains 0.180 mg of norgestimate (18, 19-Dinor-17-pregn-4-en-20-yn-3-one,17-(acetyloxy)-13-ethyl-oxime, (17 α)-(+) -) and 0.035 mg of the estrogenic compound, ethinyl estradiol

THIS PILL IS OK – 0.035 mg is 35 mcg

Quick Reference Chart

Progestin	Not OK	OK
Norethindrone		X (if paired with at least 35 mcg of EE)
Norethindrone Acetate		X (if paired with at least 35 mcg of EE)
Ethinodiol Diacetate		X (if paired with at least 35 mcg of EE)
Levonorgestrel	X	Doesn't matter
Norgestrel	X	Doesn't matter
Desogestrel		X (if paired with at least 35 mcg of EE)
Norgestimate		X (if paired with at least 35 mcg of EE)
Drospirenone		X (even if paired with < 35 mcg of EE)

Shaving Tips

Don't use disposable blades more than once or twice. Soak in alcohol for 2 – 3 minutes before use.

Don't attempt to use twin or triple blade "closer-shaving" razors. The first blade stretches the skin; the second (and third) shaves too close, cutting hair off below the skin line. When the skin bounces back, those hairs are set up to be trapped repeatedly under the skin every time you shave.

Don't tweeze ingrown hairs. When tweezed hairs grow back (in two to three weeks), they are trapped under the skin line. Those areas become chronic ingrown.

Don't use a rotary shaver. Circular blade motion cuts the hair in every imaginable direction which can cause more ingrown hairs.

Don't shave upward, against the grain, or shave back and forth over the same place repeatedly in an attempt to get a closer shave.

Do use a single edge, disposable razor with our Acne Wash as directed, or a sanitized non-rotary electric shaver, T-edger or clippers. Mandelic Wash or Ultra Gentle Cleanser can be used as well.

Don't forget to spray disinfectant on razors, clipper and/or T-edger blades, guards and attachments before and after shaving. Clippicide is available at beauty supply stores. Don't forget to take some with you to the barbershop. Do watch for barbershop sanitation (or lack of it).

Do change your clipper or T-edger blades every six months and don't share yours with anyone.

Do scrub very gently (with recommended product only) for no more than 30 seconds. Blot your face dry (no rubbing) with a soft towel.

Attention athletes: **Don't** wipe off sweat; blot dry instead!

Home Care Instructions for Weeks One and Two

Morning Routine

Cleanse	Ice	Tone	Serum	Hydrate/Moisturize.	Sunscreen
Ultra Gentle Cleanser	Dixie	Moisture Balance	Salicylic	Hydrabalance	Daily SPF 30
Mandelic Wash	Cups or	Calming Facial	Mandelic	Clearderma	Ultimate
Acne Wash	Soothie Q	Sal-C	Glycolic	Cran-Peptide	Protection SPF 28
Antioxidant Scrub		Glycolic-Lactic	Vitamin A		
Mandelic Scrub					
Acne Scrub					

- Cleanse:** using your cleanser and a little warm water, cleanse your face gently with your fingertips, avoiding the eye area. Rinse thoroughly with water.
- Ice:** use Dixie Cup with frozen water on inflamed breakouts using slow circular motion for 1-2 minutes. Pat dry.
- Tone:** pour a small amount on a cotton round (flat) and apply to face.
- Serum:** apply ___ pumps onto palm and apply with fingers to entire face (and/or back, chest). **Apply every other day.**
- Hydrate and/or Moisturize:** this is an optional step to add if you are dry. Apply for added moisture.
- Apply Sunscreen:** apply a small amount on face and/or neck. Re-apply hourly when in direct sun or after swimming/perspiring. Apply your noncomedogenic makeup, if desired.

Evening Routine

Cleanse	Ice	Acne Med	Cleanse	Tone	Moisturize
Ultra Gentle Cleanser	Dixie Cups	Acne Med 2.5%		Moisture Balance	Clearderma
Mandelic Wash	Soothie Q	Acne Med 5%		Calming Facial	Cran-Peptide
Acne Wash		Acne Med 10%		Sal-C	
Antioxidant Scrub		Acne Med w/Sulfur 5%		Glycolic-Lactic	
Mandelic Scrub		Acne Med w/Sulfur			
Acne Scrub		10%			

- Cleanse:** using your cleanser and little warm water, cleanse gently with your fingertips, avoiding the eye area. Rinse thoroughly with water.
- Ice:** use Dixie Cup with frozen water on inflamed breakouts using a slow circular motion without stopping for 1-2 minutes. Pat dry.
- Apply Acne Med:** apply dime to nickel size amount to entire area avoiding eye and neck. Follow the below timed schedule for Week 1-2.

Days 1-3	Days 4-7	Days 8-10	Days 11-13
Apply 15 minutes	Apply 30 minutes	Apply 1 hour	Apply 2 hours

- Cleanse:** using your cleanser and a little warm water, wash gently with your fingertips, avoiding the eye area. Rinse thoroughly with water.
- Tone:** pour a small amount on a cotton round (flat) and apply to face.
- Moisturize:** Apply moisturizer all over face and neck, avoiding eye area.

Acne Med Precautions

Apply a dime to nickel-size amount for Acne Med



Day 14 Instructions:

If you get to Day 14 before your next clinic appointment, you will proceed to Cleanse, Toner and use Acne Med all night (in the absence of dryness and irritation).

You will no longer use moisturizer in your evening routine.

Do Not Use on Eye or Lower Neck

Do not use Acne Med on your neck or eye area. The tissue is too delicate, and it will irritate the skin too much.

No Eye Cream

Do not use eye cream or moisturizer around the eyes or neck because the acne Med will migrate through the cream and cause irritation and possible swelling.

Eye Irritation

Allow your Acne Med to dry before going to bed. If your eyelids get irritated, try changing your pillowcase more often. When you are wearing acne med all night, it will get on the pillowcase.

Smile Lines

This area tends to be the most sensitive area on the face and will be the first place you see irritation and dryness. You can put a very thin layer of Vaseline on this area to occlude it for a few days and then resume product use there.

Not When Working Out

Do not wear Acne Med when you expect to perspire, as in exercising, physical labor or getting hot in the sun. If you are wearing it, wash it off or it will irritate your skin.

Will Bleach Fabric

Acne Med will bleach fabric, so we suggest wearing a white shirt or T-shirt when using it. Use white pillowcases when you start wearing it overnight. Make sure and wash your hands with soap after using it to avoid bleaching towels.

Allergic Reaction

Allergies to benzoyl peroxide are rare but do occur occasionally. Dry skin does not constitute an allergic reaction; rather an allergy is characterized by itching, swelling, or burning associated with a rash (similar to a mild case of poison ivy dermatitis). If an allergic reaction occurs, stop using Acne Med and contact us immediately.

Use Religiously!

If you skip a day or two, or only spot treat, it gives a chance for acne to form. You will never get clear if you skip your home care.

Expect Some Dryness

Expect your skin to get a bit dry while getting used to the Acne Med. This is normal; however, if your skin gets uncomfortably dry, please contact us so we can adjust your home care regimen. Do NOT just stop using your Acne Med until the next time you have an appointment.

Remember!

- If anything tingles more than a "2" or stings/burns, do NOT use that product. Wash it off and contact us.
- Apply sunscreen every day whether you are going outdoors or not.
- You can use Ultra Gentle Cleanser to remove your makeup, or you can find a non-comedogenic micellar water.
- Avoid perfumed or medicated shaving creams and aftershave lotions. See handout if you get shaving irritation. See handout for Shaving Instructions.

Normal Product Usage Timetable

Product	Usage – 1x daily	Usage – 2x daily
1 oz Acne Med *dime to nickel	4 -6 weeks	2-3 weeks
2 oz Acne Med *dime to nickel	8-12 weeks	4-6 weeks
1 oz Mandelic Serums * 3 pumps	18 weeks	9 weeks
1 oz Glycolic Serums *2 pumps	20 weeks	10 weeks
1 oz Salicylic Serum *2 pumps	20 weeks	10 weeks
1 oz Vitamin A Corrective Serum	12 weeks	6 weeks
1 oz Vitamin A Corrective II Serum *2 pumps	12 weeks	6 weeks
6 oz Cleanser	Must use 2x daily	8-10 weeks
6 oz Toner	Must use 2x daily	8-10 weeks
2 oz Sunscreen or Moisturizer	12-15 weeks	6-8 weeks

Date Purchased	Product

Price List for FR Acne Facial Series & Products

Acne Clinic Members

FR Acne Facial: \$200

Series of 4: \$720 (10% discount)

Series of 6: \$1,020 (15% discount)

Non-Acne Clinic Members

FR Acne Facial Price: \$210

Series of 4: \$ 756 (10% discount)

Series of 6: \$ 1,071 (15% discount)

Maintenance Price for Acne Clinic Members After Completing Program:

\$....

Product Price List

Product	Size	Price
CLEANSERS		
Ultra Gentle Cleanser	6 oz	\$22
Antioxidant Scrub	6 oz	\$24
Acne Wash	6 oz	\$25
Acne Scrub	6 oz	\$26
Mandelic Wash	6 oz	\$28
Mandelic Scrub	6 oz	\$30
TONERS		
Sal-C Toner	6 oz	\$20.00
Moisture Balance Toner	6 oz	\$26.00
Calming Toner	6 oz	\$22.00
Glycolic-Lactic Exfoliating Toner	6 oz	\$24.00
ACNE MED PRODUCTS		
Acne Med 2.5%	1 oz/2 oz	\$13/\$20
Acne Med 5%	1 oz/2 oz	\$13/\$20
Acne Med 10%	1 oz/2 oz	\$13/\$20
Sulfur Spot Treatment	1.5 oz	\$26
SERUMS		
Salicylic Serum	1 oz	\$27.00
5% Glycolic Serum	1 oz	\$28.00

10% Glycolic Serum	1 oz	\$30.00
5% Mandelic Serum	1 oz	\$35.00
8% Mandelic Serum	1 oz	\$37.00
11% Mandelic Serum	1 oz	\$39.00
15% Mandelic Serum	1 oz	\$41.00
Vitamin A Corrective Serum	1 oz	\$42.00
Vitamin A Corrective Serum II	1 oz	\$50.00
Antioxidant Peptide Face Serum	1 oz	\$45.00
HYDRATORS		
Hydrabalance	2 oz	\$24.00
MOISTURIZERS		
Clearderma	2 oz	\$24.00
Cran-Peptide Cream	2 oz	\$24.00
SUNSCREENS		
Daily SPF 30 Lotion	2 oz	\$27.00
Ultimate Protection SPF 28	2 oz	\$28.00
MASKS		
Brighten-C Mask	2.5 oz	\$40
HydraCalm Mask	2.5 oz	\$35

How does LED Light Therapy Work?

Like photosynthesis, whereby plants convert sunlight into energy needed to grow and thrive, human skin and body tissue work the same way to absorb therapeutic light energy emitted by LEDs. The body uses this energy to stimulate its natural restorative processes. LightStim emits beneficial light rays that can help reduce and eliminate fine lines and wrinkles.



LED blue light therapy helps to kill the acne causing bacteria, reduce inflammation and provide a general rejuvenation effect on the skin. Usually, in the case of inflamed acne, topical products will bring down the inflammation rather quickly. However, there are times when the skin needs a little more help in bringing down inflammation. This is where the LED can help.

The combination of blue, red and infrared lights in the LightStim Acne Light get down to the core of the acne causing bacteria. The red lights help to reduce inflammation while at the same time, the blue lights help to kill the acne causing bacteria.

LightStim[®]
PROFESSIONAL

Acne Professional Hand-Held Light \$175

How to use?



1. Use on clean dry skin OR apply treatment serums, transparent mask
2. Hold LED gently on skin (no pressure) for 3 minutes per area
3. When you have finished, continue with the rest of your skincare routine.

This is not a substitute for products; nor is it a substitute for your scheduled appointments with us.