

## Acne Battle Kit

You have purchased one of the most advanced complexion clearing systems available today. If used as directed in the instructions below, you will notice a difference in your complexion within 2 weeks. This acne system takes a professional approach to troubled skin by helping to clear the skin of acne causing bacteria, reducing the production of sebum (oil) to reveal improved texture and clarity.

### Morning Care Regimen | AM

- 1 Cleanse:** Wash your face thoroughly with BP Cleanser 3%. Work into lather with fingertips. With circular motion apply on affected areas. Rinse off thoroughly. Can be used 1 to 3 times daily.
- 2 Ice:** Apply frozen Cool-Pack and rub on affected area for two to five minutes to reduce inflammation.
- 3 Tone:** Pour Normalizing Tonic onto cotton and lightly cleanse affected areas. Allow to fully dry before next step.
- 4 Protect & Moisturize:** Use Day Treatment Lotion with SPF-15. If skin becomes too dry or anticipate exposure to the sun, apply a small amount. Makes an excellent makeup base.

### Evening Care Regimen | PM

- 1 Cleanse:** Wash your face thoroughly with BP Cleanser 3%. Work into lather with fingertips. With circular motion apply on affected areas. Rinse off thoroughly. Can be used 1 to 3 times daily.
- 2 Ice:** Apply frozen Cool-Pack and rub on affected area for two to five minutes to reduce inflammation.
- 3 Tone:** Pour Normalizing Tonic onto cotton and lightly cleanse affected areas. Allow to fully dry before next step.
- 4 Cell Rejuvenation:** Apply a dime size amount of Exfol-A to the face or affected area and leave on. It is normal for slight redness or flaking to occur. If skin becomes irritated, skip a day or two before applying. Increase treatments, slowly, as your skin adjusts. Use up to twice daily by adding it to your morning regimen.

### What To Expect

Vitamin A may cause your skin to have a dry flaky look for a short period of time, as well as a rose glow. Your face, chest or back may tingle or sting slightly while using the Normalizing Tonic or Exfol-A, this is normal and needed to achieve results. Epidermal turnover is happening and the exfoliating of dead skin cells is occurring. You want that to happen to bring your complexion blemishes to the surface. The length of this stage will depend upon your skin type and the care you give it. To alleviate this side effect, you may use the Day Treatment Lotion, Allantoin and/or Alocort.

Increased epidermal turnover will be evident in 12-14 days after initial use of product, or by a slight peeling of the skin. Acne improvement often begins as quickly as 2-4 weeks after starting the Vitamin A treatment.

### Using Vitamin A Treatments for Specific Skin Types

**Normal or Combination Skin:** Begin treatments every other night during the first week. Increase the treatments gradually to twice daily.

**Dry Skin:** Begin treatments once every third night during the first week, and every other night for the second week. Gradually increase treatments to twice daily.

**Oily Skin:** Begin treatments every night for the first week. Increase treatments to twice daily during the second week and thereafter.

### Ice Information for Grades I, II, III, & IV Acne

Ice works great for acne inflammation and irritation on cysts and papules. Acne inflammation will be reduced by the irritation on the ice. Skin care products will more effectively penetrate the skin, providing more peeling and rapid clearing.

- 1** Take the frozen Cool-Pack or a cube of ice in each hand and rub on affected areas. It may help to hold the ice in a paper napkin so the fingers will not suffer.
- 2** Rub the Cool-Pack or cube of ice on the inflamed areas for two to five minutes, or until the ice is completely melted.
- 3** Dry, then apply your skin care products.