

# ACNE KIT INSTRUCTIONS

## NORMAL TO OILY SKIN

You will love our combination products. The unique combination of Glycolic and Salicylic acid in our cleansers and toners will help dissolve debris and dead skin cells clearing your skin, fading blemishes and removing your blackheads. Our benzoyl peroxide clearing gel helps fade red inflammatory lesions and cysts.

1. For best results, pour a dime sized amount of the acne clearing cleanser (GLY/SAL) onto palm. Wet the other palm with water and rub hands together until a rich lather forms. Using both hands massage lather onto face for approximately 1-2 minutes. Rinse well and pat face dry with a soft towel. (Do not rub face dry as rubbing may cause more irritation.) This should be done twice a day, preferably morning and night.
2. The GLY/SAL toner pads should be used twice a day as well right after the face has been cleansed and dried. Rub pad over face concentrating on the affected areas. Wait until face is completely dry before moving on to the next step or applying anything else on your face.
3. The benzoyl peroxide clearing gel should be used once a day only. The clearing gel should be used to spot over the whole face. Spread a thin film of the gel over the face. A pea sized amount of the gel should be enough to cover the whole face. Excessive use of the gel can cause dryness, peeling, redness or irritation. If any of these become severe please call the office immediately. Once you have improved, you can spot treat individual lesions
4. A good moisturizer is always recommended when using any acne products as most of these medications cause skin to become very dry. The kit comes with a small tub of fortified moisturizer that was created specifically for use with acne medications. The moisturizer should be used once or twice as a day as needed to keep skin looking healthy.