

ACNE KIT INSTRUCTIONS

Normal to Dry Skin

Our green tea based products are recommended for sensitive Skin types who are easily irritated by most acne products.

1. For best results, pour a dime sized amount of the green tea cleanser 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 toner pads should be used once or twice a day as well right after the face has been cleansed and dried. Rub pad over face concentrating on the affected areas. For instance, most people use the pads on the infamous “T” zone where blackheads are often concentrated. The unique combination of glycolic and salicylic acid safely yet effectively will dissolve your blackheads and fade blemishes. The pads may cause drying and redness if overused.
3. The benzoyl peroxide clearing gel should be used once a day only. (Preferably at night). Spread a thin film of the gel over 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.
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 fortified moisturizer that was created specifically for use with acne medications. The moisturizer can be used once or twice a day as needed to keep skin looking healthy. For really sensitive skin types, use the green tea cream or serum for better results.