

ACNE/OILY/PROBLEMATIC SKIN

DO-IT-YOURSELF SKIN ANALYSIS Find Your Skin Care Type: Are You?

A **Minimalist** Who Wants Improved and Protected Skin, or

A **Perfectionist** Who Wants Perfected and Protected Skin

Many believe oily skin creates breakouts, which are actually caused by bacteria and changes in hormone levels. Modifying oil production does not cure acne or breakouts. Rather, agents must be used to destroy bacteria & dead skin cells as well as promote healing. **Tip:** Daily moisturizing for break-out prone skin is a must to reduce inflammation caused by acne and keep the skin well hydrated and toned to prevent further breakouts.

Dermatologists agree that using a home treatment, like our **T4 15% Glycolic Face Peel**, is tried & true for alleviating acne & preventing new breakouts. When sebum oil becomes trapped and is then exposed to the air, it becomes black. Blackheads and whiteheads surface in areas where there are more oil glands; this in turn causes breakouts. When this sebum oil mixes with dead skin cells, bacteria is harbored that can also induce red, inflamed breakouts.

Sebum oil does not cause acne. Breakouts occur because of bacteria, when hormone levels fluctuate (eg, decreases in estrogen and increases in the male hormone, androgen), or when stress causes an overproduction of the adrenaline and epinephrine hormones that then lead to an overproduction of sebum oil. Hormones are almost always to blame for breakouts and acne. **Tip:** T4 10% Mandelic Peel & Extreme Retinol Creme at night controls and reduces enlarged pores and blackheads and whiteheads. **Tip:** T4 Extreme Blemish Zapper at night reduces the size and

Step	Skin Care Minimalist
M1 Cleanse	T4 Alpha and Beta Hydroxy
M2 Tone	T4 Oxygenating Antioxidant Face Gel
M3 Lighten	T4 Sun Spot and Age Spot Remover for brown spots & scarring
M4 Moisturize	T4 Extreme Retinol Treatment Crème
M5 Protect	T4 SPF 30 Natural Mineral Eye & Face Moisturizer or T4 SPF 30 Vitamin C-Oil Free Moisturizer
M6 Zap	T4 Extreme Blemish Zapper at night for large pimples/acne breakouts. T4 10% Mandelic Face Peel spot treated for minor pimples, blackheads, whiteheads, and few breakouts
Step	Skin Care Perfectionist
P1 Cleanse	T4 Alpha and Beta Hydroxy
P2 Tone	T4 Oxygenating Antioxidant Face Gel
P3 Apply	T4 No More Deep Wrinkles or Anti-Wrinkle Cell Revitalizer or Six Peptides Extreme Line Filler for deep facial wrinkles (Like Botox in a Bottle) or T4 Triple Peptide Complex
P4 Lighten	T4 Sun Spot and Age Spot Remover for brown spots & scarring
P5 Plump	T4 Face Boost Skin Plumper for sagging & de-hydrated skin
P6 Apply	No More Dark Circles/Puffy Eye Crème for eye perfection
P7 Resurface	T4 20% Extreme Vitamin C Treatment to resurface skin from acne/scarring and give antioxidant protection
P8 Moisturize	T4 Extreme Retinol Crème
P9 Protect	T4 SPF 30 Natural Mineral Eye & Face Moisturizer or SPF 30 Vitamin C-Oil Free Moisturizer

<p>inflammation of large and inflamed acne pimples. Tip: T4 Extreme Retinol Treatment Crème is an excellent acne repair creme that resurfaces old, damaged skin and helps fade acne scarring if used in conjunction with the T4 15% Glycolic Face Peel 1-2 times a week.</p>	<p>P10 Zap</p>	<p>T4 Extreme Blemish Zapper at night for large pimples and acne breakouts. T4 10% Mandelic Face Peel spot treated for minor pimples, blackheads/whiteheads, and few breakouts</p>
	<p>P11 Mask</p>	<p>T4 Oxygen Mask w/ Copper Peptide Complex 2 to 3 times a week- Recommended-T4 15% Face Peel w/ Glycolic, Lactic & Pyruvic two times a week</p>