

AU REVOIR ADULT ACNE

ENDORSED BY

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Effective neutralizing toner

Organic Apple Cider Vinegar (ACV) with the “mother” in it, is an excellent toner which I highly recommend. The term “mother” simply means that the ACV is unfiltered and retains multiple nutritive benefits.

In a new clean spray bottle, dilute 1-part ACV to 5 parts distilled water. Spray on cleansed skin and allow to dissipate. Use 1 to 2 times daily, followed by a hyaluronic acid serum and or oil free moisturizer.

Use a clean white washcloth twice daily.

Avoid picking at your pimples to prevent the spread of bacteria, breakouts and potential scarring.

Shower, shampoo hair, cleanse face and body after any sports event or workout.

Wear a headband to bed to keep your hair off of your forehead and your cheeks.

Wear a clean white cotton t-shirt to bed if acne is on your back, chest or shoulders.

Change your pillowcase twice a week.

Choose food and skin care products that have organic ingredients that are safe, nontoxic and do not promote acne.

Your willingness to follow the guidelines will determine your success!

Tool Box:

Cleanser

Toner

Exfoliant

Masque

Moisturizer