

MASTERING ACNE FOR THE PROFESSIONAL AESTHETICIAN

ENDORSED BY

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- It is your responsibility to educate your clients on proper hygiene, how to avoid overstimulation of the skin and how to choose product ingredients that are safe, nontoxic and do not promote acne.
- Recommend that your clients following the following directions:
- Use a clean white washcloth twice daily.
- Avoid picking at their 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 their hair off of the forehead and cheeks.
- Wear a clean white cotton t-shirt to bed if acne is on back, chest or shoulders.
- Change pillowcase twice a week.
- Choose food and skin care products that have organic ingredients that are safe, nontoxic and do not promote acne.

The use of the correct product to control the pH is essential in treating acne.

- 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.