

302 PROFESSIONAL SKINCARE

BREAKOUTS

HOW TO USE

Follow these guidelines for optimum program results:

TRANSITION CLEANSERS FOR RASH-LIKE, INFLAMMATORY ACNE:

- CLEANSING MIST
- REVIVE

TRANSITION CLEANSERS FOR PUSTULAR ACNE:

- PURITY
- REVIVE

Transition begins with setting aside ALL currently applied topical products. Expect a temporary increase in undesirable activity as your skin sheds the weakening effects of topical products.

Use CLEANSING MIST, PURITY and REVIVE. These cleansers do not foam. Apply like a lotion (or a mist) and then allow 30 seconds to dwell on the skin. Rinse with warm water. If your skin is inflamed by warmth/heat, use cool water.

Cleanse 1x per day. More frequently is often not desirable. Rotate through these cleansers during the week. Most will find REVIVE does best. It is acceptable to use REVIVE more often during the week.

If you feel dry or itchy, apply REVIVE and leave-on. It is a dual purposed product as is PURITY. Cleanser and moisturizer. These two are the exceptions to "no leave-on products."

Your skin will gradually settle down.

Makeup is your crutch and enemy. Use basic minerals on date night only. Avoid the rest of the week. Avoid liquid concealers at all costs.

A powder source:

rejuvaminerals.com/store/multi-task-powder.php

As you emerge from transition your skin may still exhibit undesirable blemishes. This is part of the recovery process. There are some "tricks of the trade" to improve the landscape and you will be well served to contact GUIDANCE.

But, it is also time to examine the influences of allergies, gut, oral meds and endocrine imbalances. In other words, proper skincare will resolve many issues and provide stability. But now is the time to evaluate the undesirable influences beyond skincare.

This may require support from GUIDANCE.