

302 PROFESSIONAL SKINCARE

ROSACEA FREE

HOW TO USE

Follow these guidelines for optimum program results:

KEY PRODUCTS:

CLEANSING MIST
PURITY

GUIDANCE is the first step. But for those who want to go their own way, stop all current topicals and cleanse only for 30 days with CLEANSING MIST and PURITY. No other topicals. The goal is to return your skin to a baseline metabolism. Then contact GUIDANCE (www.302skincare.com/guidance) for assistance. We can show you.

The key to solve this problem is not more products, it is your day-to-day skincare.

Why Stop Everything?

Topical products applied to nourish the skin do no such thing. The continuing daily application of most topical products leads to skin weakening. This eventually leads to flare-ups, usually marked by a temporary decrease when the topical products are re-applied. This is a vicious cycle of dependency, very much like addiction. The result over time is a chronic inflammation and the use of concealing make-up will only increase that. The process can then lead to dermatitis where even water will cause inflammation.

We recommend strongly that all topical products now in play be set aside. The immediate result will be a flare up and often itching. The worst effects will last about three days but continuing dryness and visible worsening can go on for a week or two. The skin will need about a month to return to a baseline metabolism. The visible part of that will be "okay" but lingering issues, flare-ups, patches of rashes to breakouts may also occur. You will know when you have hit rock bottom metabolism. This is a good thing.

The use of makeup during this period is a step backward. But occasional use on "date night" is not a game over decision. Most makeup products are a primary cause of flare-ups. The ingredients are a stew of bad things.

Consider this for date night:

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

What About Sunscreen, Even Set Aside That?

Especially sunscreen. Yes. The choice is your skin clearing or more inflammation. Which do you want?

What Do I Apply During The Month?

CLEANSING MIST and PURITY (cleansers) are it. But we also recommend you contact us at GUIDANCE before taking this on by yourself. This is a difficult transition. We want to help you identify the original cause of the inflammation - you did not start using products because you had nothing else to do. The source can be identified and a solution found.

What Happens After The First Month?

It depends on the original cause and also your skin stability. We want to promote skin strength so a single leave-on product may be introduced to help that. Your age and skin specific situation will dictate that. Renormalization is a process, and cleansers will be your ticket to that, leave-ons not so much.