

# ACNE & CONGESTION

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## *Your guide to Clearer Skin*

How to get started on achieving healthier skin

VIVENTESKINCARE.COM



# 01 *So many questions about acne*

If you suffer (or know someone) with acne or problematic skin, you know how it affects confidence and we are often asked for advice for to clear it up quickly.

It's hard for us as skin professionals not to dive deep into how acne forms in the sebaceous follicles and just how complex and diverse this problem can be! We know you don't want to be bored with all that skin nerd stuff. You just want the answers now, right? The problem is every skin is a little different and different things work better for different people.

In one word : It's all about BALANCE.

The balance of oil (oil glands) and water (sweat glands).  
And the balance between gut health and stress levels (hormones).  
The balance between the skin and body is crucial.

Once we get this balance right, we can start to correct problems and prevent new breakouts (or the very least - get new breakouts to heal quickly, rather than hang around forever causing embarrassment)



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## Where do you start ?

*When your oil and hydration are balanced, your skin will respond by releasing the proper amount of oil without clogging!*

When oil (sebum) is not released normally or is 'sticky' in texture it can lead to congestion, breakouts and infection.

One of the most common issues we see with skins that struggle with oily congestion or acne is that they over-clean and strip away their oil.

Initially, this strategy can appear to give results but it isn't long before the skin becomes 'tight'.

Surprisingly, this actually stimulates more oil production as the skin struggles to regulate itself, the oil gets stuck inside the tightened pore instead of being released

A hot tip to regulate oil is to ingest more 'essential fatty acids' These are the omega's and your body cannot make them on its own.

Adding a supplement is the most efficient way to increase your omega 3 & 9. Your oil stickiness will alter within a few weeks of supplementation!

## Step One



Cleanse without stripping :  
Your skin should never feel 'squeaky clean'.  
Your product ingredient list should not contain sulphates, astringents or smell of alcohols.

No over-exfoliation! Skin that is overly scrubbed or abraded will get red, angry and form hard plugs in the pores.

## What Not to do !



Squeezing and picking!

A skin professional knows which type of congestion plug can be safely extracted without spreading infection or causing scarring.

When you attack your skin at home, you create scabs that are impossible to hide, spread redness & infection, create swelling and cause even more breakouts!  
(Looking worse than the pimple you started with!)

## Care at home



Use gentle products with non-clogging ingredients

Don't let your skin dry out

Drink plenty of water

Reduce dairy and sugar

Add an omega supplement

Clean twice at night (remove make-up & sun screen)

Give some love - no rough stuff!

## *Give some Love*



When you see problems with your skin it is really hard to give it any love. But rubbing, scrubbing and squeezing just make your skin angrier!

Instead, when you start caring for your skin with gentle products, the redness will settle almost immediately. Combined with sensible in-salon treatments you will start to see your skin respond beautifully.

## *What to do ?*



1. Make an appointment with us for a discovery session to learn about YOUR skin.
2. Bring along the products (including primers & foundations) that you are currently using so we can look at the ingredients
3. Ask for a personalised Skin Treatment Plan

## *Stop looking to Insta Influencers*



Instead of following the latest fad product or worse - buying a product online without getting an in-depth personalized skin consult, please ask a skin therapist who loves finding solutions to skin problems, for their advice.

Most instagram influencers get paid for their recommendations. Following popular advice will often make your problem worse!



## *Don't go it Alone*

It is easy to feel like you are all by yourself and no one understands your frustrations with your skin not behaving like you want.

There is no need to put on a brave face, ask for help!



## *How fast will it get better?*

The sooner you find out the real root causes and the sooner you begin a healthy daily home routine, the sooner you will see results.

Slow and steady wins the race. There will always be set backs, sadly, and acne can reoccur under times of stress.



## *Your unique pathway*

Our favourite pathway at Vivente to get you quick results is :

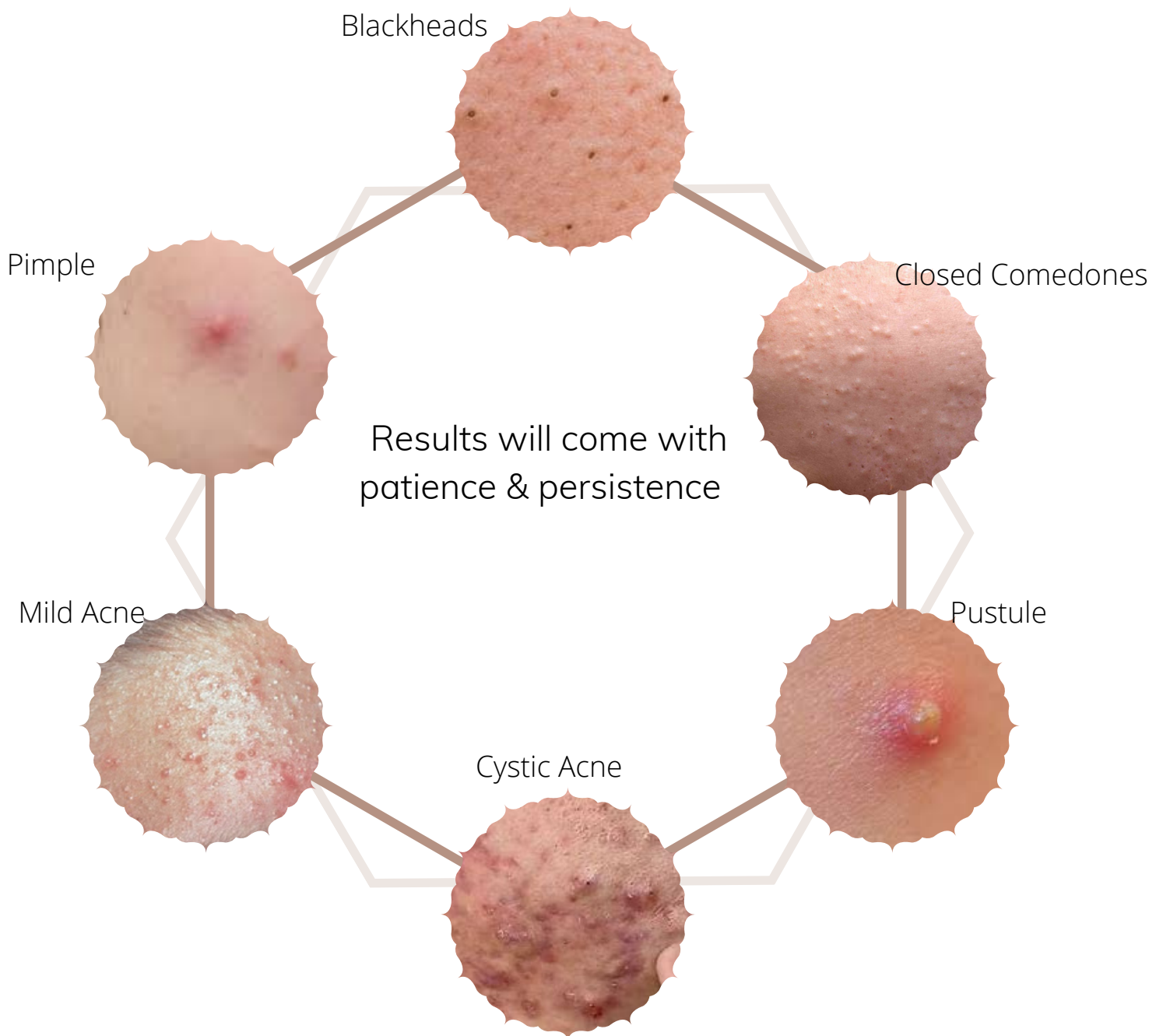
- Skin Diagnosis
- Gentle Home Care Products
- LED (for healing and bacteria busting)
- Regular Quick Fixes for extraction and education
- Gentle skin peels (when the skin is strong enough)



# What does Acne look like ?

From one pimple to stubborn cystic, acne takes many forms.

Some are easier to treat than others



## *How can Vivente help?*



At each visit, we monitor your progress, help you understand why your skin behaves like it does, and get on top of those nasty breakouts.

## *Your first visit with us*



Our main objective is to get your skin's barrier function back to what should be normal. We calm the skin and inhibit the bacteria without any drying or trauma.

This means less redness and quicker healing.

## *Your follow up sessions*



Regular 'Quick Fixes' for deep cleansing and safe customized extraction.

These sessions work best weekly or fortnightly for a few months so we can monitor the changes and reset your plan as needed.



# Hi ! I'm Kim

I have been in the beauty industry for 40 years and I literally have seen it all. My passion is to get you feeling confident and smiling again!



Let's start your skin journey today.

There are lot's of ways to reach out to me at Vivente

email

hello@viventeskincare.com

facebook & instagram

viventeskincare

or

book online for a skin diagnosis on our website:

viventeskincare.com

## Let's get in touch

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