

*Why*

### **Why Choose an Associated Skin Care Professionals Practitioner?**

Your skin care treatments should be provided by a properly trained professional. Don't hesitate to ask your skin care therapist about his or her background, training, and experience—especially as it relates to the treatment you are considering.

As a member of ASCP, your skin care professional's state licensing credentials and/or core training have been verified. ASCP members follow a code of ethics, ensuring you're treated responsibly, confidentially, and with utmost

respect. As a member, your skin care professional has comprehensive information on changing trends and treatments at his or her fingertips, so you'll be receiving the most up to date care.



Compliments of:



## **Universal Skin Care Spa**

**Set an Appointment  
By Text**

**(425) 494-9925**

**Visit Our Website**

**[universalskincare.com](http://universalskincare.com)**

**Come to Our Location**

**12811 8th Ave W**

**Suite B205-F1**

**Everett, WA 98204**

MEMBER



Associated  
**Skin Care**  
Professionals

*Treating*  
**Acne**



## What What is Acne?

Acne is the most common skin disorder and 85 percent of all Americans will experience it some time in their lifetime. While commonly thought to be an adolescent problem, it can appear at any age, most often

on the face, back, and chest, in the form of pimples, whiteheads, or blackheads. More advanced acne appears as cysts or nodules that are nested more deeply in the skin. It's a myth that acne is caused by diet, poor hygiene, or stress. The true

cause is the overproduction of oil, the blockage of follicles that release the oil, and the growth of bacteria in those follicles. This can be triggered by a change in medications or hormone levels. It's important to treat acne early to avoid scarring, which cannot be effectively reversed.

## Who Who Can Benefit From Acne Treatment?

Anyone who has acne can benefit from treatment. If you are seeking a licensed esthetician's care, chances are you've already tried over-the-counter preparations with disappointing results. If your acne is severe, where lesions are deep and bacteria is flourishing out of control,



your licensed esthetician may refer you to a dermatologist who can prescribe medication. People often use this as a last resort since the applicable medications have side effects.

## How How Should I Prepare for Acne Treatment?

Be ready to fill out a medical questionnaire and describe what medications and skin care products you are using. Your therapist will do an analysis of your skin, look for any interactions between products and medications, and devise a treatment plan that's suitable for your unique needs. If possible, come to your appointment

without anything on the skin; otherwise your skin care professional will cleanse your skin. Start treatment when you are ready to commit to a series of treatments and a home care regimen.

## What What Should I Expect From My Acne Treatment?

You should expect regular treatments whose goal is to provide deep cleansing, perhaps through exfoliation, a mask, a facial, phototherapy, galvanic treatment, or some combination of these. The goal is to deeply cleanse follicles and disinfect them, clearing away oil, bacteria, and dead skin cells.

## What What About Home Care?

Your esthetician can provide the best guidance on caring for your skin after treatment. Generally, this will involve keeping your skin clean and avoiding picking at your blemishes—the single biggest cause of scarring. It's very important you follow instructions given to you by your esthetician, especially since untreated or undertreated acne can lead to continuing and worsening outbreaks and scarring.

