

ACNE AND PORES

Glō acne and pore programs encompass all the proven care to unplug pores, reduce oil, bacteria and inflammation with medical grade ingredients. Glō incorporates natural antioxidants to give your skin the treatment it deserves. The kits are dermatologist designed regimens.



Acne and Pores	Lumeno Acne Regimen	Pore Refinement Regimen
Prepare the skin	Complexion Renewal 5/2 Acne Cleanser	Beta Enzyme Cleanser
Deep clean the pores and remove debris	Lumeno Complexion Renewal Pads 5/2	ZO Oil Control Pads
Use twice daily to treat those new and stubborn pimples	Lumeno Acne Spot Treatment	ZO Instant Pore Refiner
Use 1-2x week to do a deep purification of your pores	Pore Purifying Clay Mask	Pore Purifying Clay Mask
Tone your skin	ZO Calming Toner (GA/SA)	ZO Calming Toner (GA/SA)
<i>Complete Program (Save 20%)</i>	<i>\$86.00</i>	<i>\$147.00</i>

Tips:

Remove your makeup thoroughly before going to bed. Exfoliating can be helpful but doing too much will irritate and cause new acne to form. Avoid oil based and creamy foundations, look for "oil-free" or "non-comedogenic" labeling. Be consistent and patient with acne regimens, they can be slow to take effect, often 2-6 weeks are needed.

Diet and Acne:

- **Sugars.** Studies have suggested a low carb diet may improve acne, this relates to the glycemic index of foods. Limit the intake of processed high glycemic index foods with added sugar or refined carbohydrates. Eating low glycemic, 'whole' and unprocessed foods is better for you and your skin. Glycemic index lists are available online.
- **Zinc** has anti-bacterial and anti-inflammatory effects and may reduce skin oil production. Meat and poultry are the main dietary sources of Zinc. Vegetarians should consider Zinc supplementation to maintain adequate zinc levels.
- **Niacinamide.** Supplementing with forms of Vitamin B (best is niacinamide) can occasionally help acne, especially if a deficiency exists.

Stress and Acne:

Stress can be a strong trigger for acne to flare. Proper sleep habits, routine exercise, breathing relaxation and meditation can be helpful in reducing stress.

Hyper-pigmentation and Acne:

Post acne hyperpigmentation (PIHP) or dark spots can be improved with topical OTC and prescription medications, meticulous sun protection, and procedures (chemical peels and laser treatments). Apply a sunscreen with an SPF factor of 30 or more daily that is oil free. As long as your acne is controlled these spots should eventually fade. Adding a brightening product like ZO Brightalive and a Vitamin C can help fade the pigment faster.

Lumeno 5/2 Acne Products contain Glycolic Acid 5% / Salicylic Acid 2% with Witch Hazel. Ultra pure glycolic acid coupled with the proven acne fighting ingredient salicylic acid USP 2%. Specifically formulated to accelerate the removal of dead skin cells unplugging pores and reducing surface oils while reducing bacteria.

Lumeno Acne Spot Treatment has proven non-irritating medical grade BPO. Micronized USP BPO penetrates deep within the pores and fights acne bacteria on contact with the skin and prevent breakouts

Beta-Enzyme Cleanser: Sal. Acid .4% / Licorice Root Extract. Gentle cleanser with powerful papaya enzymes and salicylic acid for mild exfoliation of dead cells that cause clogged pores.

Pore Purifying Clay Mask: Deep penetrating, pore cleansing mask is intended as a weekly treatment to help fight acne, minimize pore size and control excess oil while delivering a dose of needed moisture to acne-prone skin.