

Acne Consultation

What is Acne?

Acne is an inherited disorder of the pores – pores that shed dead skin cells much faster than normal. Normal pores shed about one layer of dead skin cells per day inside the pore. The acne-prone pore sheds up to five layers of dead skin cells per day and the body just can't keep up. This forms the microcomedone, the beginning of all acne. Taking up to 90 days, it turns into blackheads or congestion under the skin; or if bacteria is present (which just loves to feed on the dead skin cells and oil), it turns into inflamed pimples or pustules and maybe even cysts.

How Long Will It Take To Get Clear?

Because it takes up to 90 days for acne to form, you may still have 90 days of acne that will surface. Our acne products and protocol will keep the new acne from forming that would surface 90 days from now. The Face Reality Acne System will have your acne under control in about three to six months (in most cases) depending on your type of acne. Some types of acne take longer to clear. Your Acne Specialist will customize a home care regimen that takes at least five things into consideration - your type of acne, your skin type, your skin color, your skin sensitivity and your environment. The biggest part of getting your skin clear will be your commitment to doing your home care regimen as instructed and following lifestyle guidelines.

What You Must Do

- Your custom home care regimen twice daily
- Treatments and/or assessment from your esthetician every two weeks
- Home Care Adjustments – consistent adjustments to boost your home care regimen
- Lifestyle Adjustments - foods, medications, cosmetics, stress, and pore-clogging ingredients in skin and hair products

Your progress will be closely monitored by a Face Reality Certified Acne Specialist who will make sure you have the best regimen for your skin - making adjustments, if necessary, to get your skin healthy and clear in the fastest way possible.

What Are Adjustments to Home Care?

We assess your skin every two weeks to see if we can make your regimen a bit stronger. We do not want your skin to get used to products, but also not make the regimen so strong that your skin gets dry and irritated. This method will keep your skin clearing up. It's important to know that if adjustments are not made, your progress may stall. If, for some reason, you cannot make it in for a treatment, you must contact your Acne Specialist to get your next set of instructions for home care adjustment.

Treatments

Very mild corrective peels are used to boost the home care along with extractions of existing acne. If your skin is dry or irritated, we will opt for an enzyme/steam with extractions.

Cost of treatment: ____ Cost of series of 3 treatments: ____



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Lifestyle Choices Affecting Acne

Laundry

Fabric Softener

Do not use this in the washer and/or the dryer (no dryer sheets). The waxy residue gets on your pillowcases, towels, wash cloths, and sheets that have direct contact with the skin. The residue will clog pores of acne-prone individuals. If you want something to stop static cling in your dryer, you can get anti-static balls at Bed Bath and Beyond, Target, or online.

Detergent

Detergents with fragrance can cause skin irritation. Best to use fragrance-free such as Cheer Free, All Free & Clear, Tide Free, and Arm & Hammer Free.

No Water Softeners

There is some evidence that water softeners can lead to acne, especially those containing high amounts of potassium chloride.

Swimmers

Swimming pool disinfectants contain iodides and chlorine which can remain in the water, causing skin problems for frequent swimmers. We advise applying a thin layer of Vaseline before you get in the pool.

Sun Exposure and Acne

Although sun exposure causes desirable scaling and drying, it also damages the follicle, exacerbates dark spots, and causes skin cancer as well as premature aging. Always wear your sunscreen, even if it's overcast and/or raining.

Beware of Hand Lotions

If you are using a comedogenic hand lotion and then leaning your face on your hands (many do this in front of the computer) or sleeping on your hands, this could contribute to your acne.



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Breakouts Around Your Mouth Area?

Many lip balms, toothpastes, and even facial tissues have comedogenic ingredients in them. So, if you see breakouts around your mouth area, this is possibly why. We recommend Vaseline or Aquaphor for a lip balm and toothpaste without SLS (sodium lauryl sulfate). Many well-known tissue brands are infused with things like coconut oil, isopropyl myristate, and SLS, all of which will clog the pores.

No Picking or Squeezing!

Instead, rub ice on pustules and pimples for a couple of minutes, twice a day. IMPORTANT: if you pick, squeeze, and break the skin, that scab will leave a red or dark mark that will be there for months, making your skin look WAY worse than if you left it alone.

Birth Control and Hormone Replacement

Avoid low estrogen birth control pills. "Lo" dose pills are higher in androgen hormones that can make acneprone skin worse (see our handout on birth control pills). Norplant, Provera, Depo-Provera shots, most IUDs like Mirena, Skyla and Liletta can be a problem. Also, the Nuvo Ring can cause breakouts. Progesterone hormone replacement Premarin can be problematic. If you have polycystic ovaries, they will cause hormonal changes and breakouts.

Recreational and Prescription Drugs

Marijuana, cocaine, speed, and steroids used by bodybuilders Prescription drugs – topical and oral steroids, anticonvulsants, Lithium, thyroid meds, Quinine, Isoniazid, Immuran, Danazol, Gonadotrophin, Cyclosporin, Disulfuram, Phentermine, ADD/ADHD drugs. See handout if you want more information.

Chemicals

Coal tars (roofers), grease (mechanics, cooks, waiters), chlorinated industrial chemicals, dioxin.



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Food and Supplements Affecting Acne

Foods

This is a guideline only—We are not asking you to eliminate foods or food groups completely; we do suggest you cut back and moderate some food types. The “Try to Reduce” group has been proven to be a problem for most acne sufferers. We also know that some people have trigger foods such as citrus, but this is not across the board.

| Try To Reduce | Acceptable Substitute |
|---|--|
| Iodides | |
| Iodized Salt | Sea Salt, Uniodized Salt, Celtic Salt |
| Milk (including organic and especially nonfat) | Almond Milk, Coconut Milk, Rice Milk |
| Cheese | Nut cheese |
| Whey or Soy Protein Shakes and Protein Bars | Pea Protein, Egg White Powder, Hemp – still check for iodides and biotin before buying (Vega Sport Performance Protein & Perfect Fit are a few safe ones.) |
| Soy – e.g., tofu, soy milk, tempeh, edamame, soy sauce | |
| Seafood, Shellfish e.g., cod, scallops | Fresh Water Fish – lake trout, bass, catfish |
| Spirulina, Chlorella, Blue-Green Algae | |
| Kelp, Miso Soup, Seaweed, Seaweed Supplements | |
| Vitamins with iodides, iodine, kelp, potassium iodide (also avoid Biotin and B12) | |
| Foods High in Androgens | |
| Peanuts, Peanut Butter | Almond Butter or other nut butters |
| Peanut Oil, Corn Oil, Canola Oil | Olive Oil, Coconut Oil |
| Shellfish | |
| Organ Meats including patè | |

Supportive Foods/Beverages

| |
|-----------------------------|
| Foods/Beverages |
| Ceylon Cinnamon |
| Apple Cider Vinegar |
| Green Tea especially Matcha |



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Antioxidant “Helper” – foods high in Selenium

Brazil Nuts, Pinto Beans, Halibut, Wild – Caught Salmon, Oats, Navy Beans, Chicken, Spinach

| Foods/Beverages |
|---|
| Anti-inflammatory Support Turmeric Ginger Green Tea (especially Matcha) Ceylon Cinnamon Foods high in Vitamin B3 <ul style="list-style-type: none">- Crimini Mushrooms- Tuna- Chicken Breast- Fish (Halibut, Salmon, Sardines)- Leafy Greens- Asparagus |
| More Anti-Inflammatory Support Foods high in Omega-3 Fatty Fish Salmon Sardines Atlantic Mackerel Anchovies Herring White Fish Omega-3 Enriched Eggs Walnuts Deep Leafy Greens – Spinach, Kale, Watercress Blueberries Hemp Seeds Mustard Seed Brussel Sprouts Winter Squash Navy Beans |



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Foods to Avoid

Foods That Cause Inflammation:

Trans Fats

- Cakes, pies and cookies
- Biscuits
- Breakfast sandwiches
- Margarine (stick and tub)
- Crackers
- Microwave popcorn
- Cream-filled candies
- Doughnuts

Overheated fats – baked foods/ fried at high temperatures

Excess Sugar

Omega-6 oils (most vegetable oils) and not enough Omega-3s

Known Food sensitivities (examples – fruit, gluten)

A well-balanced low-glycemic diet can support all aspects of health, including your skin.

Supplements

The following supplements have been found to be useful in aiding your recovery from acne. Your esthetician may make recommendations based on the type of acne you have.

Anti-inflammatory Supplements

Zinc Monomethionine

This form of zinc is the most bio-available form that acts directly as an anti-inflammatory. Many people with acne have low levels of zinc in their body. Supplementing with zinc has been shown to reduce the severity of cysts and inflamed lesions. It has also been shown to be beneficial for helping improve many of the dermatological symptoms in women with PCOS (Polycystic Ovary Syndrome).

Omega 3 Fish Oils

Fish oil is a great anti-inflammatory and helps to alter sebum production; HOWEVER, only if it's molecularly distilled or pharmaceutical grade. Unfortunately, many fish oil supplements are oxidized which actually creates more inflammation. So, only take it if you are sure about your source. Read our handout if not buying from Face Reality.



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Gut Health

Probiotics

These are good bacteria that colonize the digestive tract and the skin. They can help people who have been on long-term antibiotics (both oral and topical). These good bacteria compete with the pathogenic bacteria and can help improve the incidence of breakouts.

Antioxidant Support

The acne-prone are generally lower in antioxidants than the general population. We recommend getting your antioxidants from fresh food sources, but here is the RDA for them.

Vitamin A – 700 mcg – women; 900 mcg – men

Vitamin C – 75 mcg – women; 90 mg – men

Vitamin E – 15 mg

Zinc – 30 mg

N-Acetylcysteine – 1000 to 1500 mg

Selenium – 55 mcg (antioxidant assistant)

Insulin Support

Elevated insulin stimulates androgen production which stimulates more oil and increased sensitivity to androgen's effects on the skin. It's best to get insulin support by wise food choices, but here is the RDA.

Berberine – 500-1000 mg

Chromium – 150 mcg

Vitamin D – 400-800 IU



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Choosing a High Quality Omega-3 Fish Oil

Omega-3 fatty acids are found in high concentrations in cold water ocean fish such as sardines, anchovies, herring, salmon and mackerel. Research indicates that Omega-3 fish oil promotes an anti-inflammatory response in the body, preventing and improving symptoms of common diseases and ailments. Studies have shown that people who suffer from chronic inflammatory acne may benefit from taking therapeutic doses (1000-1700 mg) of purified omega-3 oils daily.

With recent scares regarding the purity of ocean fish, and thereby the safety and efficacy of supplements derived from them, it is a good time to revisit how to go about choosing a high-quality fish oil supplement. Use the checklist below to help you select a superior and effective fish oil supplement.

The label is important, so read it. The vital ingredients in fish oil supplements are omega-3 fatty acids, or EPA and DHA. These two fatty acids are the only ones that matter in reducing inflammation and chronic breakouts. The amount of each should be shown separately and should total between 1,000-1,700 mg per serving. There should be a higher ratio of EPA to DHA, about 2:1 or thereabouts. Many labels simply mention the total count of omega-3 fatty acids. This information is not helpful because you don't know the actual amount of EPA and DHA. Similarly, if the EPA and DHA is stated on the bottle, but in lower amounts, be sure you will be able to take all the capsules necessary to get your daily dosage of 1,000-1,700 mg. Some popular drugstore and health food brands have such a low amount of EPA and DHA that one would have to take 12 capsules just to get the adequate daily amount!

Look for molecularly distilled or pharmaceutical grade fish oil. This should be mentioned on the label. This is the highest grade fish oil because it is molecularly distilled, avoiding oxidation of the fish oil. This is also the only process that successfully removes impurities and contaminants (mercury, dioxins, PCBs, etc.). Lastly, it produces a more concentrated form of fish oil with higher potencies of EPA and DHA, so less capsules to swallow!

Find out some information about the manufacturer. Check out some other products they produce. Do some research to see how long they have been in business and if they have a good reputation. Here is a great website for comparing brands: <http://www.ifosprogram.com/consumer-reports.aspx>



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Look for capsules that have enteric coating. This coating ensures that the capsules will break down lower in your digestive tract, not in the stomach, minimizing those unpleasant fishy burps that many people experience after taking fish oil supplements.

Look for Vitamin E. Vitamin E helps to prevent oxidation during storage, keeping the oils from turning rancid. Vitamin E will usually be listed under "Other Ingredients" as tocopherols or mixed tocopherols.

By carefully choosing the right fish oil supplement, you optimize the potential benefits that Omega-3 fatty acids can impart to you. Many health practitioners agree there are many benefits to taking a quality fish oil supplement, especially for the immune system, heart, brain and joints. Of special interest to acne sufferers, they may help regulate hormones, minimizing the intensity and duration of inflammatory breakouts.

***Please note:** Although there is no known toxicity associated with using fish oils over long term, you should check with your physician particularly if you have a chronic underlying illness or are pregnant. According to the FDA, you should not take more than 2,500 mg of Omega-3s daily unless under the recommendation of a physician.

Zinc Supplements

These supplements can upset your stomach. To prevent nausea, always take OptiZinc with food.

Zinc is an essential trace element for humans and there is evidence that it is similar to antibiotics in improving the condition of inflamed acne. The effective dosage is not clear. However, most studies indicate 50-100mg (The OptiZinc tablet that we sell are 30MG). We advise you to not take any more than 100mg because excessive zinc may lead to deficiencies in other vitamins and minerals. One of the reasons that we like OptiZinc is that it contains copper and copper is one of the minerals that can be depleted by taking zinc supplements.

We also recommend discontinuing daily use of zinc once your skin is completely clear. We are not recommending this as a preventative.

If you would like more information to help you make decisions about the benefits, proper dosage and best formulation of zinc supplements, we highly recommend doing further research and consulting with your doctor.



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Pore Clogging Ingredients in Skin Care

Below is a list of ingredients to avoid in all skin care, acne care, makeup, and hair products. **Do not ever put anything on your skin or your hair without checking the ingredients first**, even if it says "Won't Clog Pores" or "Non-Comedogenic" on the bottle.

Warnings

Natural oils can be some of the worst offenders, like cocoa butter and coconut oil which are found in many "organic" skin care lines. Other oils such as jojoba, olive, and lanolin are mildly comedogenic and can be a problem if formulated with other comedogenic ingredients. Some prescription products like the cream form of Retin-A have pore cloggers. Many over-the-counter acne medications also have pore clogging ingredients. "Oil-free" products can be comedogenic.

Makeup

| | | |
|---|---|---------------------------------|
| • Acetylated Lanolin | • Ethylhexyl Palmitate | • PEG 16 Lanolin |
| • Acetylated Lanolin Alcohol | • Glyceryl Stearate SE | • PEG 200 Dilaurate |
| • Algae Extract | • Glyceryl-3 Diisostearate | • PEG 8 Stearate |
| • Algin | • Hexadecyl Alcohol | • PG Monostearate |
| • Butyl Stearate | • Hydrogenated Vegetable Oil | • PPG 2 Myristyl Propionate |
| • Carrageenan | • Isocetyl Alcohol | • Plankton |
| • Cetyl Acetate | • Isocetyl Stearate | • Polyglyceryl-3 Diisostearate |
| • Cetearyl Alcohol + Ceteareth 20 | • Isodecyl Oleate | • Potassium Chloride |
| • Chondrus Crispus (aka Irish Moss or Carrageenan Moss) | • Isopropyl Isostearate | • Propylene Glycol Monostearate |
| • Chlorella | • Isopropyl Linolate | • Red Algae |
| • Coal Tar | • Isopropyl Myristate | • Seaweed |
| • Cocoa Butter | • Isopropyl Palmitate | • Shark Liver Oil (Squalene) |
| • Coconut Alkanes | • Isostearyl Isostearate | • Shea Butter |
| • Coconut Butter | • Isostearyl Neopentanoate | • Sodium Laureth Sulfate |
| • Coconut Oil | • Kelp | • Sodium Lauryl Sulfate |
| • Colloidal Sulfur | • Laminaria Digitata Extract | • Solulan 16 |
| • Cotton Awws Oil | • Laminaria Saccharina Extract (Laminaria Saccharine) | • Sorbitan Oleate |
| • Cotton Seed Oil | • Laureth-23 | • Soybean Oil (Glycine Soya) |
| • D & C Red # 17 | • Laureth-4 | • Spirulina |
| • D & C Red # 21 | • Lauric Acid | • Steareth 10 |
| • D & C Red # 3 | • Mink Oil | • Stearic Acid Tea |
| • D & C Red # 30 | • Myristic Acid | • Stearyl Heptanoate |
| • D & C Red # 36 | • Myristyl Lactate | • Sulfated Castor Oil |
| • Decyl Oleate | • Myristyl Myristate | • Sulfated Jojoba Oil |
| • Dioctyl Succinate | • Octyl Palmitate | • Wheat Germ Glyceride |
| • Disodium Monooleamido PEG 2-Sulfosuccinate | • Octyl Stearate | • Wheat Germ Oil |
| • Ethoxylated Lanolin | • Oleth-3 | • Xylene |
| | • Oleyl Alcohol | |



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Loose powder, mineral make-up tends to be the safest choice, but still should be checked. Bare Minerals Original Formula loose powder foundation is a safe choice; however, the newer Bare Minerals Matte is NOT a safe choice—it contains soil minerals. We do not recommend any of the pressed Bare Minerals blushes, bronzers, or veils. Any pressed or liquid products should also be checked for pore-clogging ingredients.



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