

# **Dermal Botanics**

## **Acne Advice:**

### Habits that will Help:

1. Limit Dairy & Sugar
2. Change Pillowcase Every other day
3. H<sub>2</sub>O!!!
4. Clean Makeup Brushes, Glasses, Phone & anything that touches your face regularly
5. Use Oil-Free or Mineral Makeup
6. Don't be afraid to ask Questions—keep the line of communication open-
7. Be Patient—Lasting Results Take Time
8. Avoid Biotin!
9. Take a supplement that has vitamin A, Zinc, Omega 3, Chaste Berry Vitex & probiotics

### Skin Care Regimen (Stay off Acne Roller Coaster):

1. *Consistency, Consistency, Consistency*
2. Avoid Alcohol in Products
3. Avoid Aggressive Harsh Acid Drying Products—Be Gentle to your Skin!
4. Use Oil-Free Moisturizer! & Recommended Exfoliant (don't over scrub)
5. SPF!!!
6. Incorporate Retinoids—Nourish your skin with the recommended products—try a serum
7. Avoid FADS- Remember your skin is as unique as your fingerprint, so what works for one doesn't work for all.
8. Use Professional Products that aren't full of fillers and things that could clog—Keep it Simple
9. Less Is More— (Cleanser-Green Pea Size),(Toner-2-3 Spritz),(Exfoliant—Green Pea Size), (Serum – Light Dab), Moisturizer- 1/2 Green Pea) , (SPF 3/4 Green Pea) Too much of a good thing is bad and can clog the pores!