

# 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

- Home care regimen that you apply twice a day
- Treatments 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: \_\_\_\_\_