

ACNE

SKINCARE ROUTINE

These items are simply suggestions and may require some experimentation or adjustments depending on your lifestyle.

ADOPT A SKIN-HEALTHY LIFESTYLE:

- Drink eight 8-ounce glasses of water each day.
- Quit smoking,
- Regularly wash sheets, pillowcases, and other materials that may come in contact with your skin.
- Exercise regularly.
- Avoid prolonged exposure to the sun.



NEWMED CONCEPTS

CARE FOR YOUR SKIN DAILY USING:

(Ask your esthetician to check off products recommended for your specific type of acne.)

IMAGE SKINCARE CLEAR CELL:

- Image Skincare Clear Cell:
- Clear Cell Salicylic Gel Cleanser
- Clear Cell Salicylic Clarifying tonic
- Clear Cell Salicylic Pads
- Clear Cell Medicated Acne Lotion
- Clear Cell Medicated Acne Masque
- Clear Cell Medicated Acne Facial Scrub

IMAGE SKINCARE VITAL C:

- Vital C Hydrating Water Burst
- Vital C Antioxidant A C E Serum
- Vital C Hydrating Overnight Masque
- Vital C Hydrating Facial Oil
- Vital C Hydrating Facial Cleanser
- Vital C Hydrating Intense Moisturizer
- Vital C Hydrating Enzyme Masque
- Vital C Hydrating Repair Creme

RETURN EVERY 4-6 WEEKS FOR:

- Image Skincare Signature Acne Lift Peel™
- Image Skincare Signature Beta Lift Peel™
- Image Skincare Signature Wrinkle Lift Peel™

EAT MORE:

- Fish
- Tofu and other soy products
- Spinach and kale
- Navy beans
- Grass-fed beef
- Nuts
- Wild rice

AVOID OR EAT LESS:

- Processed foods
- Carbohydrates
- Dairy
- Sugar
- Melons, pineapples, pumpkins, and potatoes
- Chocolate
- Alcohol