



ACNE SUPPORT



FACE CARE

Our Acne Face Care Products are the perfect treatment regimen for you if your skin has frequent breakouts, acne, and is very oily. Our products are botanically-based and free of DEA, Parabens, Mineral Oil, Isopropyl Alcohol, Talc, and Aluminum.

MINOR ACNE

1. **Complexion Bar:** Use once or twice daily using our Facial Brush for application. (Wet the Facial Brush, rub it on the top of the Complexion Bar a few times, and then rub the Facial Brush on your face gently. Rinse well.)
2. **Toner Mist:** Spritz on your face daily after each cleansing. (As you spritz, purse your lips together and close your eyes.) Our Toner Mist contains Witch Hazel, which naturally kills bacteria on your skin which may cause acne.
3. **Acne Support Gel:** Use as an acne spot treatment up to two times daily. Our Acne Support Gel contains all natural Salicylic Acid which combats acne naturally without harmful ingredients to dry your skin. It heals damaged pores and soothes irritated, clogged pores. Use a very small amount, a little goes a long way!

MODERATE ACNE

- Use all Minor Acne steps (1-3) plus:
4. **Detoxifying Clay Mask:** Use once a week as a full face mask for 10-15 minutes. It can also be used nightly as a spot treatment. The all natural Bentonite Clay detoxifies, deep cleans, and rids your skin of pollutants.
5. **Acne Support Moisturizer with Natural Willow Bark Extract:** Use daily to moisturize. The Natural Willow Bark Extract is another natural source of Salicylic Acid to fight bacteria, reduce inflammation, and soothe skin.

SEVERE ACNE

- Use all Minor and Moderate Acne steps (1-5) plus:
2. **Spa Polish** (*This step should actually be done prior to Step 2 under Minor Acne*). Use two to three times per week to exfoliate, ridding your face of dead skin cells and cleansing clogged pores. Our Spa Polish contains crushed walnut shells that have natural anti-bacterial properties. If you have Rosacea, use caution while exfoliating—do not scrub too hard, you want to keep your skin calm.
6. **Tea Tree Essential Oil:** Add to your Toner Mist and/or Acne Support Moisturizer to combat acne at the highest level. Suggested amounts of Tea Tree Essential Oil are: 12-16 drops into the Toner Mist and 10-15 drops into the Acne Support Moisturizer.

THE TRUSTED NAME IN HEALTHY FAMILY SKIN CARE