



V 1.1 Healing Congested, Acne-Prone Skin

Steps to Congestion Free Skin

1. Deep steam cleansing
2. Deep pore purging clay mask
3. Exfoliating**

Define

1

Steam
cleansing

2

Clay
mask

3

Exfoliating

Severe congestion

10 or more bumps beneath the skin
20 or more acne lesions
Large blackheads* or whiteheads

2 times per day- morning & night

1 time per day

2 times per day- morning & night

Moderate congestion

5-10 bumps beneath skin
5-15 or more acne lesions
Medium sized blackheads* and whiteheads

2 times per day morning & night

1 time every other day

1 time per day- morning or night

Mild congestion

1-5 acne lesions
0-5 bumps
No, or small blackheads* or whiteheads

1 time per day- morning or night

1-2 times per week

1 time, every other day

Maintain clear pores

Smooth, bump free skin
No acne lesions
No blackheads* or whiteheads

1 time, every other day

1 time per week

1-2 times per week

*Blackhead size is referenced to the size of your clear, congestion free pores. For example, a small blackhead is about the same size of your normal sized pores. Medium blackheads are 1.5-2 times the size of your clear pores. Large blackheads are 2-3 times the size of your clear pores.

**Exfoliating grade type- the degree to which the exfoliating material removes dead skin cells determines how often you should use the skin exfoliator. For example, a baking soda paste is a mild exfoliating agent. But aluminum crystals are a deep exfoliating agent and may only be needed once per week, depending on the state of your skin and the purpose of the exfoliation.



Monitoring Your Skin's Health

Custom Skin Care for Congestion-Free Skin

1. Define the state of your skin: severe, moderate or mild congestion
2. Decide how often you will need to use steam cleansing, a clay mask and exfoliating each week. Write these numbers on the chart for "Week 1"
3. Each of the following weeks, adjust the number of treatments you need as your skin becomes less congested

Define

What is the state of your skin now?

Number of bumps beneath your skin

Number of acne lesions

Size of blackheads (see note on page 1) large, medium, small

Treatment Frequencies

1

Steam cleansing

2

Clay mask

3

Exfoliating

Week 1

Week 2

Week 3

Week 4



Deep Steam Cleansing: For a deep steaming sensation, place a clean, damp wash cloth in the microwave for 45 seconds. Let the cloth cool for 10 seconds and then smooth the cloth over the face to allow the steam to cleanse and open the pores.