

Acne Treatment guide

Acne is an inflammatory skin disease that causes spots and pimples on skin.

Common types of acne are:

- Pimples
- Blackheads
- Cysts

It occurs during puberty when our skin starts producing sebum.(You will hardly find a child with inflammation.)

Products you need:

- Mild cleanser
- Cleanser containing benzoyl peroxide or salicylic acid
- Benzoyl peroxide
- Retinol
- Azelaic acid
- Moisturizer(Depending on your skin type)
- Hyaluronic acid(Optional)
- Broad spectrum sunscreen 30++

Here's a routine that you must follow to achieve results.

DAY	MORNING/AFTER BED	NIGHT/BEFORE BED
MON	CLEANSE+ BENZOYL PEROXIDE+ MOIST+ SPF	SALICYLIC/BENZOYL CLEANSER+ RETINOID+ AXELAIC ACID+MOIST+ HYALURONIC ACID(OPTIONAL)
TUES	CLEANSE+ BENZOYL PEROXIDE+ MOIST+ SPF	SALICYLIC/BENZOYL CLEANSER+ RETINOID+ AXELAIC ACID+MOIST+ HYALURONIC ACID(OPTIONAL)
WED	CLEANSE+ BENZOYL PEROXIDE+ MOIST+ SPF	SALICYLIC/BENZOYL CLEANSER+ RETINOID+ AXELAIC ACID+MOIST+ HYALURONIC ACID(OPTIONAL)
THUR	CLEANSE+ BENZOYL PEROXIDE+ MOIST+ SPF	SALICYLIC/BENZOYL CLEANSER+ RETINOID+ AXELAIC ACID+MOIST+ HYALURONIC ACID(OPTIONAL)
FRI	CLEANSE+ BENZOYL PEROXIDE+ MOIST+ SPF	SALICYLIC/BENZOYL CLEANSER+ RETINOID+ AXELAIC ACID+MOIST+ HYALURONIC ACID(OPTIONAL)
SAT	CLEANSE+ BENZOYL PEROXIDE+ MOIST+ SPF	SALICYLIC/BENZOYL CLEANSER+ RETINOID+ AXELAIC ACID+MOIST+ HYALURONIC ACID(OPTIONAL)
SUN	CLEANSE+ BENZOYL PEROXIDE+ MOIST+ SPF	SALICYLIC/BENZOYL CLEANSER+ RETINOID+ AXELAIC ACID+MOIST+ HYALURONIC ACID(OPTIONAL)
		****CORRECTION AZELAIC ACID IS WRONGLY WRITTEN AS AXELAIC ACID.

- Wash your hands with a hand wash
- Wash your face with a cleanser
- Pat dry your face with a clean towel
- Apply the Actives mentioned on the routine.

Prevention is better than cure:

You must follow the following habits/ lifestyle changes to prevent the mechanism that triggers acne.

- Do not scrub your face
- Do not pop pimples
- Do not touch your face without sanitizing your hand
- Do not contact your skin with objects like your phone
- Wash your hair and make sure it doesn't come in contact with your face.
- Avoid excessive sun exposure(The Actives mentioned in the routine to treat acne are harsh and cause skin dryness, peeling and sensitivity to sun.
- Always take a shower after exercising
- Try to keep cool to prevent sweating(Because sweating causes your pores to get clogged.
- Hygiene must be your first priority.

Strength of the Actives :

RETINOIDS: 0.02 TO 0.05%

AZELAIC ACID: 10% OR LESS

BENZOYL PEROXIDE: 5% OR LESS

I can guarantee results with in 6 to 8 weeks

Note:

These Actives can cause irritation, dryness, skin peeling during starting and that's completely normal. Once your skin is used to the Actives those symptoms will be gone.

Always use low strength and then gradually proceed to higher levels.

You should follow this routine for 4 to 5 months depending on the condition.

