



Face Reality Acne Hydrating Treatment with Enzymes (AHT)

1. Cleanse

Ultra Gentle Cleanser – Cleanse the entire area to be treated with a small amount of cleanser and rinse thoroughly with warm water.

2. Tone

Calming Facial Toner – Moisten a cotton round pad and swipe over the entire area to be treated thoroughly and evenly. Apply the Hydrating Treatment Enzyme Prep with a cotton round pad.

3. Enzyme

- a) Prepare the Hydrating Treatment Enzyme Mask. Use ½ to 1 teaspoon of the enzyme mask powder mixed with warm water. Use a fan brush to swish it around to achieve a smooth consistency. You want it to be the same consistency of mayonnaise.
- b) Apply to the face and/or the neck with a large fan brush. Put cotton pads on the client's eyes and steam the face for ten minutes (five minutes if inflamed).
- c) Remove the enzyme mask with a steam towel. Consider cleansing again to remove any residual mask.

4. Hydrate

Do not tone yet. Use a tissue to blot the face dry. Lightly massage in the *Hydrabalance* for one minute.

5. Perform Extractions

After extractions, use a cotton round pad to wipe the face thoroughly with *Salicylic Antiseptic Toner*.

6. Finish

Gently apply sunscreen during the day.

Gently apply *Hydrabalance* if it is night time and ask the client to apply their Acne Med before bed (they will not need to cleanse again).