

P·R·E·P·  
— cosmetics —

ACNE  
*guide*



## What is ACNE?



*Acne is the MOST COMMON skin condition in the United States. It affects more than 40 MILLION Americans every year and nearly 90% of all teens.*

*Acne occurs when oil, dead skin cells and bacteria clog pores leading to blackheads, whiteheads and red pimples.*


*Acne is caused by the effects of hormones on your skin. It is NOT caused by dirt, but regular cleansing can help prevent breakouts. Be gentle! All of the scrubbing and rubbing that you may be tempted to do when you see a blackhead or new breakout can irritate your skin and make acne worse.*

## GET RID OF ACNE!

- 1.** *Don't pop, squeeze or pick* at pimples because it can lead to red marks, bacterial infection and even scarring.
- 2.** P.R.E.P. *daily face cleanser* was designed to gently clean your skin and can be used twice a day and after exercising to remove excess oil, dirt and makeup.
- 3.** Use P.R.E.P. *everyday clear acne treatment* with 1% salicylic acid to prevent clogged pores, reduce redness and inflammation and clear up skin. Use as needed up to 3 times per day and as tolerated by skin. For severe breakouts or acne that leaves scars, see a dermatologist.
- 4.** **SUNBURN ALERT!** Acne products can increase sensitivity to the sun and raise your risk of sunburn, so it is important to use P.R.E.P. SPF 30 daily moisturizer every day. BONUS: the zinc in our SPF helps fight zits!
- 5.** Most *acne treatments take 6-8 weeks* to begin to see clearer skin. Keep using your treatment even if you don't see results right away and continue to use once skin is clear to maintain healthy skin and prevent new breakouts.

# What is my SKIN TYPE?

dry  oily

		
<b>DRY/SENSITIVE</b> When you don't use a moisturizer, your skin feels dry, tight or irritated after washing with soap and water.	<b>COMBINATION</b> You have an oily T-zone (forehead, nose and chin) but your cheeks are normal to dry.	<b>OILY</b> Your entire face is oily and seems to get worse throughout the day.

# HOW TO USE

**PREP daily for a lifetime of healthy skin.**

*First time users start by using once every other night for a week.*

## DRY SKIN

<b>MORNING</b>	<b>NIGHT</b>
Rinse your face with warm water and gently pat dry.	Wash your face with P.R.E.P. daily face cleanser. Rinse with warm water and gently pat dry.
Treat acne spots with P.R.E.P. everyday clear acne as tolerated. Do not wash off as this is a leave on treatment.	Apply P.R.E.P. acne treatment to entire face or use as a spot treatment. Do not wash off as this is a leave on treatment.
Apply P.R.E.P. SPF 30 daily moisturizer to your entire face and other sun exposed areas.	<b>Optional:</b> Apply P.R.E.P. night moisturizer as needed to treat/prevent dryness.



## COMBINATION SKIN

MORNING	NIGHT
As needed, wash your face with P.R.E.P. daily face cleanser. Rinse with warm water and gently pat dry.	Wash your face with P.R.E.P. daily face cleanser. Rinse with warm water and gently pat dry.
Apply P.R.E.P. acne treatment to entire face or use as a spot treatment. Do not wash off as this is a leave on treatment.	Apply P.R.E.P. acne treatment to entire face or use as a spot treatment. Do not wash off as this is a leave on treatment.
Apply P.R.E.P. SPF 30 daily moisturizer to your entire face and other sun exposed areas.	<b>Optional:</b> Apply P.R.E.P. night moisturizer if needed to treat/prevent dryness.



## OILY SKIN

MORNING*	NIGHT
Wash your face with P.R.E.P. daily face cleanser. Rinse with warm water and gently pat dry.	Wash your face with P.R.E.P. daily face cleanser. Rinse with warm water and gently pat dry.
Apply P.R.E.P. acne treatment to entire face or use as a spot treatment. Do not wash off as this is a leave on treatment.	Apply P.R.E.P. acne treatment to entire face or use as a spot treatment. Do not wash off as this is a leave on treatment.
Apply P.R.E.P. SPF 30 daily moisturizer to your entire face and other sun exposed areas.	<b>Optional:</b> Apply P.R.E.P. night moisturizer if needed to treat/prevent dryness.

*\* Morning routine may be repeated one time during the day as needed.*

*We teach our girls to apply product using the **DOT METHOD** (see picture). A little bit of product goes a **LONG** way.*

*as seen in*

**People**

**EveryDay**  
*with Rachael Ray*

**teenVOGUE**

**twist**

THE WALL STREET  
JOURNAL.

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