



1305 Fowler St., Ste 1C
Richland, WA 99352
Phone (509) 783-2004
TheDermaShop.com

The Acne DermaSkin Care Regimen

Step 1 – CLEANSE

There are three basic types of acne cleansers:

1. **Anti-oil/anti-sebum** (i.e., Avene Cleansing Foam, Avene Oil-free Gel Cleanser, Babor HYOL with Phytoactive Combination)
2. **Salicylic acid** (i.e., DermaCare Gentle-Strength Glycolic / Salicylic Gel or Foam Cleanser, DermaCare Extra-Strength Glycolic / Salicylic Gel Cleanser)
3. **Benzoyl Peroxide** (i.e., DermaCare BenzaDerm Cleanser)

*Do not use exfoliating cleansers (i.e., scrubbing beads)

*Use 2 of the 3 types of cleansers daily; one cleanser in the morning and a different cleanser at night.

*Use Clarisonic brush daily on face and trunk.

Step 2 – REPAIR

*Glytone Back Acne Spray for truncal acne 1-2 times per day.

Leave on after application.

*Cleanse, dry, & apply your topical prescriptions in the morning and night (if applicable).

* Take the oral medication as directed (if applicable).

Step 3 – MOISTURIZE

*Daily facial moisturizer as needed (i.e., DermaCare Feather Weight Moisturizer, Babor Perfect Combination Moisturizer)

Step 4 - PROTECT

Apply Zinc based Sunscreen daily (i.e. DermaCare AntiOxidant Tinted Sunscreen, DermaCare Sheer Physical Sunscreen, TiZo3, NeoCutis Journee, DermaCare SPF 30 Sensitive Skin).

For make-up users, we recommended mineral make-up (i.e., jane iredale).



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