

Getting Clear and Staying Clear

When your skin is not getting clear in the typical amount of time, we must become “acne detectives” to discover what may be hindering your progress. There are several areas that we address to find out what the culprit(s) is. Listed below are the most common reasons why clients have difficulty getting clear. Often, simple changes to your product usage and lifestyle habits can dramatically improve your skin.

Product Usage

You have at least a 90% chance of getting clear if you use your products exactly like we tell you to use them. The products do most of the job of getting your skin clear – we facilitate the process with treatments and extractions. Here are some reasons you may not be clearing in-regards to product usage:

- Are you using your products inconsistently or skipping your routine?
- Do you regularly run out of products?
- Do you check in with us to adjust your routine at two-week intervals?
- Do you change your routine without consulting your Acne Specialist first?
- Are you using non-Face Reality products?
- Are you using comedogenic makeup?
- Are you using comedogenic hair care?
- Are you taking the supplements recommended by a Face Reality esthetician?

Lifestyle Issues

Here are several lifestyle issues we went over in your consultation that bear repeating. These may be contributing to your chronic breakouts:

- Are you using fabric softener in the washer and/or the dryer?
- Are you consuming dairy/soy products: milk, cheese, yogurt, and/or whey or soy protein shakes?
- Are you consuming sushi, seaweed, iodized salt, spirulina, or chlorella?
- Are you taking vitamins or supplements that may contain iodides and/or biotin?
- Are you taking any medications or drugs or have any medical condition that you haven't yet disclosed to us?
- Do you regularly wear hats, helmets, or shoulder pads?
- Are you under more stress than usual and/or getting enough sleep?
- Are you on birth control pills or other hormonally-based birth control?

face reality™

SKINCARE

We will do everything in our power to help you achieve clear skin, but client cooperation is an essential component of our program. If we are unable to improve the condition of your skin due to factors beyond our control, but within yours, we reserve the right to decline treatments until you address these critical issues. Please take care to resolve the issues checked above before your next appointment so that we can work together to improve the health and clarity of your skin.

I understand my role in **clearing** my skin and agree to address the issues checked above before scheduling my next appointment.

Name: _____

Date: _____