



FOREHEAD

stress  
dehydration  
bangs

CHEEKS

internal inflammation  
smoking  
dirty pillows

CHIN AND JAW

hormones  
fatty foods  
sugary

# unlocking the key

**The skin mapping revolution**

by Ben Johnson, medical doctor

# N

Nothing the skin does is random. Every acneic lesion, every rash, and discoloration may have resulted from specific environmental events, and their locations have meaning and physiologic significance. The skin is interconnected with the entire body network, serving as a key detoxification organ amongst other benefits, including being a beacon for internal health issues. Skin mapping offers a growing collection of evidence that most skin conditions come from within, and skin care professionals can link them to specific organs, toxins, and pathogens.

Medicine has long identified certain patterns on the skin as being helpful in diagnosis, like the lupus “butterfly” rash, post-tick “bulls-eye” lesions, herpes related outbreaks, and more. However, skin care professionals may have not attempted to identify patterns in every skin condition. Acne, rashes, pores, blackheads, rosacea, hyperpigmentation, milia, and uneven skin tone are not always triggered by surface events.

## ACNE ASSUMPTIONS

Acne has been assumed to be a bacterial infection because the skin’s probiotic population is involved in the detoxification and purging events that trigger these lesions. In reality, toxins being purged from the skin do require immune cells in their dismantling, and

this creates an inflammatory event. For example, the bacteria involved are there to digest and process these toxins — it is a team effort. The more toxins coming from within, the more cystic the acne may present. Toxins can come from four classes and in most cases include candida toxins, chlorine or bleach, estrogenic pesticides, and estrogenic food preservatives. The location of acne may be a clue to which source is triggering the purging. The regions in the forehead, temples, cheeks, and directly around the mouth are connected to the digestive tract and, can be the result of an overgrowth of candida in the gut that can lead to candida toxins being purged. The nose is the esophagus; the inner cheeks are the small intestine; the outer cheeks, temples, and forehead are the large intestine. This extends to the end of the line which is represented by the region around the mouth and center chin. By identifying the source, it is much easier to clear acne and understand why it recurs. It can also prevent the unnecessary use of harmful medications like antibiotics and Accutane. Candida overgrowth in the microbiome is an epidemic and can be a result of progesterone-heavy birth control pills, sugar and alcohol, and mucus forming foods like fried food and dairy.

## HORMONAL ACNE

Hormonal acne has long been identified as a unique problem, but it has never made sense under the old paradigm model as to why hormones trigger bacterial infections along the jawline. In some it presents in the digestive zones. What is really going on here?

Clients are exposed to approximately one million toxins a day and many of them resemble estrogen. The reason jawline acne is common a week or so before the end of a menstrual cycle is because the body is attempting to balance the

testosterone spike that occurs as a result of the body having too many estrogen toxins. It is complicated, but simply put, the body adjusts to estrogen toxin exposure by lowering natural estrogen presence. This leads to a testosterone imbalance that triggers hormonal acne.

Skin care professionals can identify the pattern of food preservative acne along the jawline and address the client’s eating habits along with offering wellness treatments. Estrogenic food preservatives appear to cause polycystic ovarian syndrome (PCOS), so it is not unusual to see a pattern of acne and this medical condition appear at similar times. These toxins are found primarily in long shelf-life foods, frozen food, and fast food. It should be noted that these foods are often not listed on food labels because of where they are introduced in manufacturing. Digestive zone hormonal acne may occur because progesterone peaks in the body and increases candida overgrowth.

Acne on the neck (both front and back) may be directly related to pesticide exposure. This can also appear as swollen fat on the neck. The pattern is most common in those who eat non-organic fruits and vegetables or live in farming communities. The United States has by far the highest usage of these carcinogenic materials of any other nation on earth. They can also sometimes closely relate to breast cancer patients and should always be the concern of one’s clients, especially when the skin pattern is indicating high exposure. The best option for a client is to remove themselves from exposure and to bind these toxins before they cause acne or worse.

## CHLORINE & BLEACH EXPOSURE

Acne on the chest, upper back, and shoulders may be the result of chlorine or bleach exposure. Make sure to include both terms because



LARGE  
INTESTINE

LARGE  
INTESTINE

ADRENALS

ADRENALS

KIDNEYS

KIDNEYS

LARGE  
INTESTINE

LARGE  
INTESTINE

SMALL  
INTESTINE

SMALL  
INTESTINE

ESOPHAGUS

STOMACH

LIVER 1

LIVER 1

RECTUM

LIVER 2

LIVER 3



clients often think chlorine is not a big concern. However, every public water system is adding this liquidized solution to drinking water, fish, and protein sources. People sometimes will breakout on the chest after going to restaurants for this reason. Swimming or hot tubs can result in acne or a rash in these areas as well. Some rashes in the chest area are a chlorine purge. Binding these toxins, getting a chlorine filter for the home, and avoidance are ways to prevent and sometimes treat this type of acne. Acne on the lower back is common with mold exposure. This is frequently seen with some lesions on the torso and extremities as the mold toxins travel to a number of places. Mold is a very serious medical issue, so knowing these patterns can help a client identify a concern in their environment that needs to be addressed.



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## BLACKHEADS

Blackheads can also be mapped. For decades, most people have associated them with being dirty. Their tendency to repopulate quickly after extractions should be the first clue that surface dirt may not be involved. Blackheads can be caused by the purging of mucus byproducts from the digestive tract. This is why they are mapped mostly to the digestive zones of the face. The esophagus (nose) is a common place for mucus. The small intestines map near the nose zone and can easily accumulate mucus. It is less common to see blackheads on the forehead and chin but this possibly indicates mucus near the end of the large intestine. Mucus cleanses (patent-pending) can decongest the skin and clear acne up as well. Mucus is a source of acne (candida grows on mucus) which is why the two often present together. Sometimes blackheads on the chest or back are seen, and this relates to mucus in the lungs.

## ROSACEA

For this condition, skin care professionals need to look at the digestive zones in skin mapping. Acne rosacea may be caused by candida. In other cases, like redness around the nose (stomach zone) can be caused by helicobacterpylon (H. Pylori). Sometimes a bacteria or virus is behind a client's inflamed skin, so the protocols to clear the condition can vary. Once comfortable with the link between organs and their zone on the face, it becomes easier to see the patterns. Based on cases ranging into the thousands at this point, it is clear that mites in the skin or other surface issues are not a concrete claim, especially when factoring in that some rosacea triggers are ingested. One aspect of rosacea that is mis-diagnosed are the capillaries

that show up on the sides of the nostrils. These have long been linked to sun damage, which does not make sense considering their angle makes them less susceptible to sun than other parts of the face. Instead, they may represent the lower esophageal sphincter and damage from acid reflux. This may be why they are so common in aging skin.

## PIGMENTATION

Skin mapping for pigmentation is more challenging. This is because outside of age spots, which are driven by surface damage from the sun, pigment overproduction is by design, protecting the dermal inflammation linked to liver damage. Melasma may be from liver damage as well. When it comes to mapping, the liver can show on most of the face depending on the lobe(s) involved. The liver can also show on the forearms and back of the hands. The main cause of liver damage are synthetic hormones; although, natural hormones can cause damage in pregnancy (because of the increased amount) if the liver is less healthy. This often occurs in pregnancies after the age of 30 or older. Birth control pills can also be a main cause, but other medications are sometimes linked, including many antidepressants, anxiety, and other medications. Mapping which lobe is involved is not what is important. Instead, focus on the medication source and healing the liver. Common favorite supplements for healing the liver wounds are trioxolane and alpha ketoglutarate.

Skin care professionals should always remind clients to discuss these recommendations with a nutritionist or the appropriate professionals before enacting on these recommendations.

Liver spots and melasma are notoriously difficult to lighten because of dermal pigmentation. Skin care professionals should always remind

clients to discuss these recommendations with a nutritionist or the appropriate professionals before enacting on these recommendations. The reality is that the skin may normalize its own pigment production once the liver is healed. In the liver category, there are many red zones where skin care professionals can see aging in the face. These are essentially early liver spots that are not inflamed enough to trigger a melanin response but may get there over time. These can be healed internally, as well as lead to a dramatic improvement in assessed skin age.

## TRENDS

There are some general trends in skin mapping that can help skin care professionals on their journey to effectively treating clients. Clients with irritation on their upper eyelid often think they have eczema or are reacting to product. Instead, this may be caused by the adrenal zone and indicates that stress is the cause of their irritation. Once identified, it is easier to address this concern with supplements and stress-reducing strategies. The neck is also a stress zone for some. Acne in the underarm region is often mold related. Ingrown hairs may be from mercury poisoning if near the groin and the above-mentioned toxins if in the facial regions discussed earlier. Keratosis pilaris may also be caused by the digestive tract and a different strain of candida. Enlarged pores also follow the digestive zone pattern and have been linked to yogurt and ice cream.

Lastly, practitioners should map the facial fat pads as their volume loss has much to do with fine lines and wrinkles around the face. Fat pads, some more than others, decline with age causing significant volume losses that collapse the nasolabial fold, resulting in vertical lip lines, marionette lines, and are 80%



FAT PAD KEY



SUGAR



SALT

**“By identifying the source, it is much easier to clear acne and understand why it recurs. It can also prevent the unnecessary use of harmful medications like antibiotics and Accutane.”**

of the reason smile lines and forehead lines increase, including the “11s” presented. By looking for common patterns to a client’s aging face, they may be a primary candidate for fat pad replacement.

The world of aesthetics is changing in front of the industry’s eyes. Online services are going to become the norm for many skin care professionals. Competition may increase for keeping or attaining new clients, and skin care professionals need to have every tool to help them stand out

and achieve efficient and permanent results with their clients. Mastering skin mapping will make any skin care professional a better aesthetician. Skin care professionals should always remember to stay within their scope of practice, and while recommendations and skin mapping will benefit any practice, it is necessary to defer to professionals when recommending supplements, nutritional information, and so on. It will make protocols and treatment plans more targeted and effective. It can also expand their reach,

so that they are impacting clients’ health, along with making one’s career more rewarding. **d**



*Ben Johnson, MD is a physician, inventor, and entrepreneur who has spent the last 25 years dedicated to solving some of the world’s most challenging skin and health conditions. He holds multiple patents related to skin care and wellness as a result of his unparalleled research and philosophies pertaining to the skin-body connection. Dr. Johnson founded Osmosis Beauty with a revolutionary approach that is changing the direction of skin care, away from excessive exfoliation and renewing the focus of dermal remodeling, barrier and DNA repair, and detoxification. He has found that the skin and body are capable of healing themselves with the proper tools and the removal of toxic influences.*



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