

# BLACKHEADS



Blackheads are caused by mucus in your digestive tract purging through your follicles and has very little to do with dirt on the skin. Mucus buildup has been an issue for many, and the primary causes include supplements, eating fried foods, dairy, and sometimes food allergies.

This mucus build-up occurs in different parts of your body resulting in varying impacted areas: large intestine, small intestine, esophagus, sinuses, and lungs. We designed a protocol that addresses these zones by reducing mucus build up in the whole body.

## MUST-HAVES

### RESCUE MD

Accelerates the detox process while calming irritated skin.

### SKIN CLARIFIER

This is our mucus cleanse. If you have significant blackheads you may need more than one round. Take as many as three rounds to clear mucus, let the clearance of blackheads guide you to how many cleanses your body needs. Also remember that diet habits can cause the return of mucus so you may need another round in 3-12 months. You will know if you see chronic blackheads return. Blackheads may show up after a bowl of ice cream, for example, but that should be short-lived.

### CLARIFY

A clearing vitamin A serum that works with the skin to normalize oil production, improve detoxification, calm inflammation, restore the epidermal barrier, and accelerate the healing process of blemishes.

### BALANCE

A botanical and frequency boosted mist to help enhance product penetration, detoxify, calm, purify, and refresh the skin.

## ALSO BENEFICIAL

### DIGESTIVE SUPPORT

Improves digestion of foods, especially dairy, thus reducing the formation of more mucus.

### RECOVERY

A powerful prebiotic that improves gut health, thus reducing the tendency for the gut to form mucus.

### ACCELERATE

A spot treatment product designed to draw out toxins, impurities, and resolve blemishes overnight.

### EXTRACT

Designed to help absorb oil, reduce pore size, and detox skin for a smoother, brighter complexion.

*For lasting professional results, it is highly recommended to receive monthly Osmosis facial treatments to properly support your at-home skincare regimen. You can find an Osmosis Certified Spa near you by visiting our spa locator at <http://osmosisbeauty.com/apps/store-locator>*