

# ACNE THERAPY

Understanding Internal and  
External Factors

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## OBJECTIVES

Types of Acne  
What we see.

Fact vs. Fiction  
Lifestyle changes and management

Ingredients We Know  
Aggressive vs. Mild

So your client has acne...  
Managing common acne concerns  
TEEN – ADULT – PREGNANCY

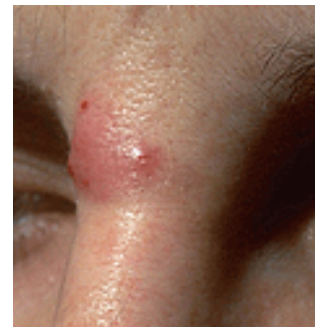
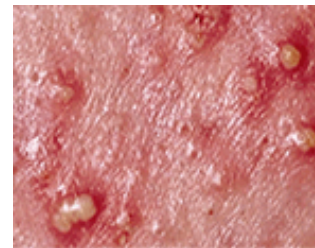
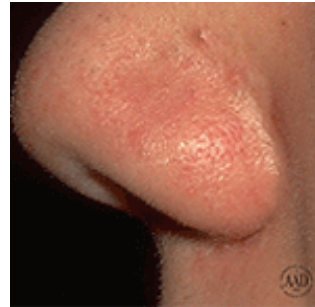


## DEFINING ACNE

### Blackheads, Cysts, Nodules, Papules, Pustules or Whiteheads

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- Condition of the pilosebaceous unit
- Skin cells and sebum compact into the pore
- The pore can develop an infection, causing inflammation



Images from the American Academy of Dermatology AAD.org

# Exercise and Acne



- Exercise improves circulation and oxygenation of cells, and helps the body fight infection
- Sweat contains salt, sugar, ammonia and urea (ok), and cleanses pores
- Exercise reduces stress
- Avoid clothing that causes friction on acne skin
- Clean helmets and sunglasses frequently
- Use a clean towel to blot sweat; avoid scrubbing
- Keep hair away from face
- Use caution with inflammatory acne





# Nutrition and Acne

“Let food be thy medicine and medicine be thy food”

- Hippocrates



- BAD
  - Refined carbohydrates
  - Dairy
  - Chocolate
- GOOD
  - Omega-3 fatty acids
  - Antioxidants (A, C, E)
  - Flavonoids
  - Fruits and Vegetables
  - Green Tea
  - Selenium and Zinc



## Aggressive

- Benzoyl Peroxide
  - Resorcinol
  - Salicylic Acid
  - Rx Retinoids
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- Manage oil/sebum production
  - Exfoliate dead skin cells
  - Encourages healthy cell regeneration
  - Bactericidal/antiseptic properties against P. Acnes bacteria
  - Reduce blemish counts and prevent development
  - Mild to severe acne symptoms



Image from YoDerm.com

## Mild

- Azelaic Acid
- Sulfur
- Tea Tree



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- Exfoliate dead skin cells (azelaic, sulfur)
  - Anti-inflammatory benefits
  - May help prevent PIH
  - Bacteriostatic against P. Acnes bacteria
  - Reduce blemish counts and prevent development
  - Mild acne symptoms



Image from Spa Cielo [spa-cielo.com](http://spa-cielo.com)

## Acne Product Use

When conventional treatments don't work.

- Choosing the wrong products
- Using too many products at once
- Not trying a single product long enough
- Using the wrong combination of products
- Over-use of topicals
- Under-use of topicals
- Stopping treatment once the condition is improved



## OBJECTIVES

So your client has acne...  
Managing common acne concerns

TEEN  
ADULT  
PREGNANCY



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# “Why do I get acne?”

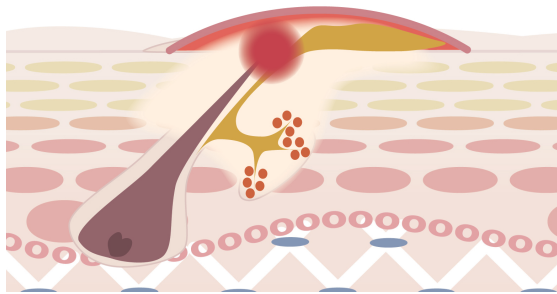
## Teen Acne Causes

- Genetics
- Exercise and sports equipment
- Pressure of backpack
- Dirty equipment and clothing
- Hormonal fluctuations

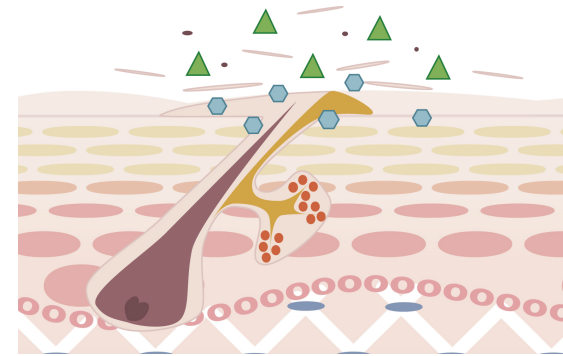


Image from Advanced Rejuvenating Concepts

# Teen Hormonal Considerations



Acne formation  
and prevention



- Face, chest, shoulders, neck, and back
- Androgen levels rise in adolescence
- Oil glands grow and increase production
- Boys: Overall testosterone increase
- Girls: Menstrual cycles



Image from Advanced Rejuvenating Concepts



# Inflammatory

## ACNE MANAGEMENT



### AM

- Cleansing
- Toning
- Rx
- Hydration
- Sun Care

### PM

- Cleansing
- Toning
- Rx

### AE Care

- Monitor use
- Keep it simple
- Sports equipment cleaning
- Use clean clothes/towels
- On-the-go treatment



# NON-Inflammatory ACNE MANAGEMENT



## AM

- Cleansing
- Toning
- Rx
- Hydration
- Sun Care

## PM

- Cleansing
- Toning
- Rx

## AE Care

- Monitor use
- Keep it simple
- Sports equipment cleaning
- Use clean clothes/towels
- On-the-go treatment



“What the... I’m too old for acne!”

## Adult Women Acne Causes

- Genetics
- Hormonal fluctuations
- Polycystic Ovarian Syndrome
- Menstrual disorders
- Stress (always on never off)



Image from Advanced Rejuvenating Concepts

ADULT



## Acne Management

- Treat problem areas only
- Maintain skin hydration and moisture
- Balance the regimen
- Monitor 4-6 weeks



Image from Advanced Rejuvenating Concepts

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“We’re having a baby!”

## Pregnancy-Induced Acne

- Hormonal fluctuations
- Lactating/Breastfeeding
- Stress (always on never off)



## Ingredients



### Ok

- Tea Tree
- Lactic Acid
- Sulfur

### Avoid

- Salicylic Acid
- Benzoyl Peroxide
- Resorcinol
- TCA
- Rx Retinoids



## Best Management for Pregnant/Lactating Mothers

### AM

- Cleansing
- Toning
- Hydration
- Sun Care

### PM

- Cleansing
- Toning

### Notes

- Deep pore cleansing every 2 weeks
- When to get serious about fighting acne?





Q & A



VISIT US AT  
BOOTH #420

Acne treatments that  
improve the look and feel of  
compromised skin.

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