



*What You
Need To Know:*

COMEDONE

REMOVAL GUIDE

CRYSTAL CLEAR SOLUTIONS



WHAT YOU NEED TO KNOW: COMEDONE REMOVAL GUIDE

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BY Crystal Clear Solutions

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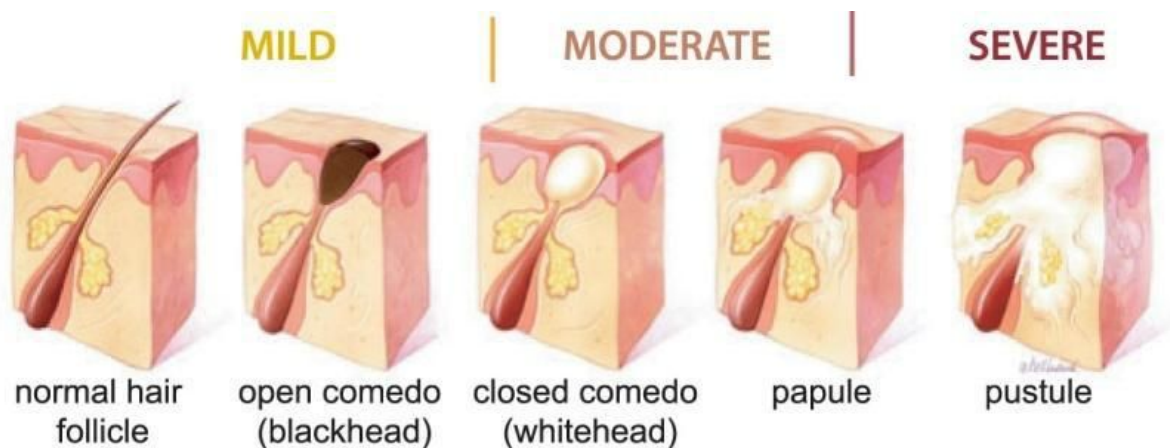
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I. WHAT ARE COMEDONES?

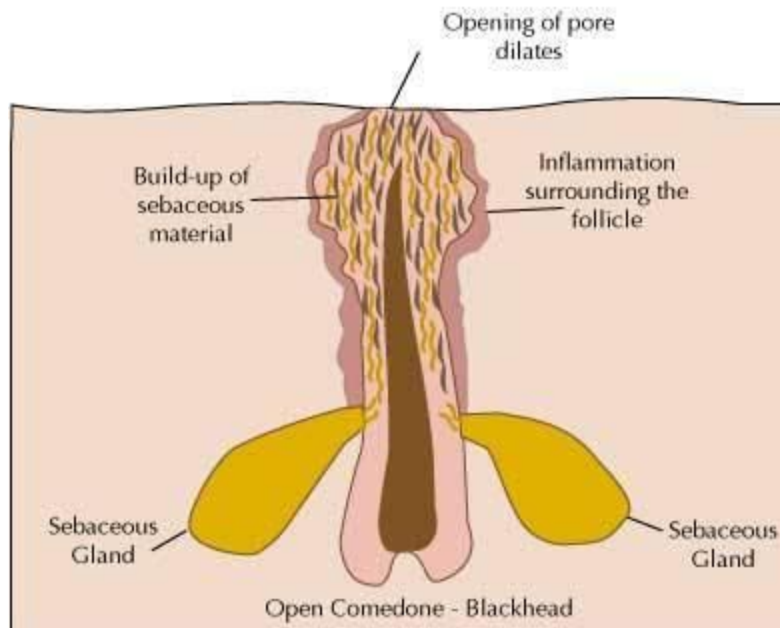
Most men and women suffer from some amount of comedones. Comedones are those unsightly looking bumps that appear on your face when your pores get all clogged up with an oily substance called sebum. Comedones can be open (blackheads) which have a dark surface, or closed (whiteheads), which look white on the surface because the underlying hair follicle is completely clogged. Not caring enough for your skin and at times even neglecting basic hygiene like cleaning your face could lead to skin pores getting clogged. Excessive oil production which comes to us genetically, with age or due to environmental factors is a primary cause of the skin pores getting choked with dust and dead skin to eventually form a blackhead. For ladies the type of makeup they use plays a very important role in the way their facial skin shapes up. Makeup left unclean for long can lead to the widening of skin pores. Comedones make the skin appear rough or bumpy in texture.



Blackheads are caused by accumulated dirt and oil that become locked in the sebaceous glands, producing an abscess that is usually black, brown or dark yellow in coloring. They are generally embedded deep within skin, and form when dirt becomes



trapped beneath or within the sebum produced by your body and typically more difficult to pinpoint than whiteheads, as they are generally quite small, but tend to congregate on the nose, forehead, chin, and occasionally in the ears.



There are, however, several methods used to take these unsightly blemishes out.

One of the most common and quickest methods in removing comedones is using a blemish extractor tools. While extractions are always best left to the specialized hands of a professional esthetician or dermatologist, this tool, when used properly, can help you extract impurities from the surface of your skin safely.





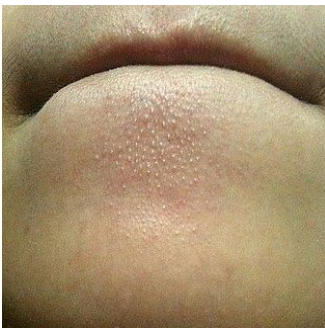
II. COMMON BODY LOCATIONS OF COMEDONES

1. Nose



The nose is the most common site for blackheads to form—compounded by many people’s habit of fiddling with the area throughout the day (rubbing, wiping, etc.). As such, it is especially prone to the development of blackheads and the depositing of dirt and waste.

2. Chin



Comedones in this area are difficult to extract due to the curved, sloping nature of the face.

3. Ears



Ears are often neglected. Because of this, the first step in removing blackheads is remembering to wash the ears while in the shower or during a morning or night routine; though they are frequently forgotten, ears are just as susceptible to trapping dirt and oils.



4. Cheeks



Another common area for blackheads and whiteheads.

III. QUALITIES OF A GOOD EXTRACTOR TOOL

- A. Made of 100% stainless steel.
- B. Double ended tools. Each tool would have a double duty to take care of any size or type of blemish including whiteheads, blackheads, pimples and acne.
- C. Textured handles. Making it a no-slip grip tool providing excellent hand control.
- D. Easy to clean and use.
- E. Good customer reviews



IV. DIFFERENT KINDS OF EXTRACTOR TOOLS



The Crystal Clear Blemish Remover kit comprises of everything that a Dermatologist or home consumer needs to extract comedones. These extractor tools can be used on the face and on the body, too. These extractor tools are meant only for removing clogged pores, which start out tiny and white and often develop into larger, oily comedones. Don't even think about using a blemish extractor on real acne.

Crystal Clear has 4 types of extractor tools inside the kit:

1. Loop (Comedone) Extractors

Each loop end comes in different sizes making it the most common extractor tool being used. Select the end with the appropriate size loop that closely matches the size of your blemish and surround the blemish with the loop. Can be used for both blackheads and whiteheads.





2. Angles Extractor



Ideal for nose blackheads or hard to reach areas. The angled loop can help remove whiteheads and a flat side that can be used for pressing out the blackheads. Its angular tips make it easier to squeeze out those stubborn nose blackheads. You might not be able to get the whole loop over the blockages right in the side of your nose. Instead, use the edge of the loop and ease it out, scraping across the top. The loop can be pressed into the side of the nose where no finger can get to. There's less pressure needed so you won't end up with a misshapen nose at the end of it.

3. Lancet and Spoon Extractors

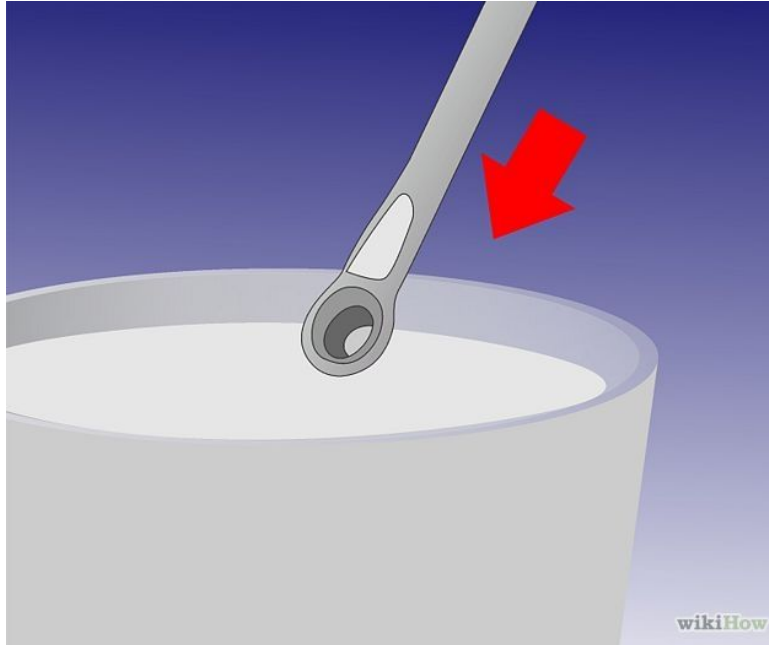
A lancet is the sharp tip of the tool that is meant to puncture the top layer of the skin so that the contents can easily be extracted. The lancet that can be used for gently popping the tip of the blackhead, whereas the other end has an extractor for removing the sebum and dead skin. The lance delicately pierces whiteheads, whereas, the spoon extractor is ideal for those who have big blackheads. For larger whiteheads, you may have to use tool with lancet first and then extract all material using the loop tip or the spoon tip.



Spoons are excellent for both whiteheads and blackheads. Simply place the hole directly over the blemish, gently push down and rock the spoon. This tool is perfect for beginners as there really is no room for error and will not hurt skin if used incorrectly.



V. BEFORE EXTRACTION: STEP BY STEP INSTRUCTIONS



(photo credits to wikiHow.com)

1. **Always sanitize** your tools before using. You can do all or either of the following:
 - Soak the extractors' tips in rubbing alcohol or boiling water for at least 30 seconds to 1 minute before using it. This kills dangerous bacteria. We recommend that you use tongs to remove from water, using caution as to not burn yourself.
 - Rub the tools with a cotton ball or gauze soaked in rubbing alcohol.
2. **Allow the tools to air dry.** Do not blow on them.
3. **Disinfect your hands** by washing them or wear disposable gloves before using the tools. Using an anti bacterial hand soap will do the job, too.



4. **Wash your face.** You want to work with clean skin, so remove any makeup or other products that may be on your face.

5. **Steam your face.** You can do either of the following:
 - ❑ Take a steaming shower;
 - ❑ Dip a clean washcloth in warm water or use warm compress. Place this cloth over the part of the skin that contains the blemishes for 5-15 minutes. That way the clogged sebum inside your skin is softened and more ready to be squeezed out. Repeat each time it cools. Be careful not to burn or scald the skin;
 - ❑ Use a facial steamer. This will allow the comedones (blackheads and whiteheads) to open and soften and allows for easier extraction;
 - ❑ Boil water and allow the steam to hit the face. When the boiling water is producing enough steam, remove it from the stove. Lower your face over the bowl, letting the towel drape over you like a tent, trapping the steam;



6. Pat your skin dry with a soft towel. Working on wet skin may cause your hand to slip and damage your skin, so dry it first.

7. Pull your hair back if treating blackheads on your face.



VI. HOW TO USE THE EXTRACTOR TOOLS



1. Examine your comedone extractor loops and use the loop with the appropriate size. The loop size should be close to the size of the blackhead or whitehead. Use the smaller loop end for small blemishes, and the larger loop end for large blemishes. Then, place the loop around the comedo.
2. Choose the Comedone (loop instrument) extractor tool that best corresponds to the size of your blemish, placing it around the blemish before applying **gradual pressure** until the sebum is removed. Remember to use gradual but steadily-increasing pressure. If it does not easily come out, the user should not force it or steam your face again.



3. Place the tool over the blackhead and press gently on one side, moving the tool across the affected area. The motion is very similar to spreading butter on bread.



4. If you are dealing with a stubborn whitehead, first use the lancet (needle like tool) to lightly puncture the skin. Next select the tool that is closest to the size of the blemish. Otherwise, you will not get enough pressure.

5. Use the spoon/hole tip of your extractor tool and place it right above/around the blackhead/whitehead. Press gently and apply pressure from all sides to push the trapped sebum, keratin, or dirt out, this would ensure that the accumulation gets completely drained.

6. Keep applying gradual pressure from different angles until nothing more emerges from your skin.

7. Be sure to never press too hard with the tool. Not only is it hard on your skin, it will also leave "loop" marks on your face for awhile.

8. If you are having trouble seeing what you are doing, try using a magnifying mirror or ask someone to do it for you. Make sure you are working in a well-lit environment.



9. Once the comedone has been extracted, use gauze or cotton ball and wipe any blood or puss that may come from the blemish or simply swipe the loop over your comedo to remove it from your skin. There may be a little blood right at the beginning of the extraction process. Other times, there is only blood when you get rid of what is blocking the pore.

This is normal and to be expected when using a comedone extractor.

VII. AFTER FACE CARE TREATMENT



1. Rinse your face with Cool water. You may also use soap.
2. Apply some astringent or toner on the area to close the pores. You can also apply an antiseptic cream after removing the blemishes. This sterilizes the pore and shrinks it.
3. Apply moisturizer to the area to keep the skin supple.
4. Allow the comedone to heal. After you have removed the contents of the blackhead or comedone, do not continue to pick at or touch the area. This will give your pore time to heal.
5. Do not apply makeup to your skin until you've treated it with an astringent.

VIII. EXTRACTOR TOOLS AFTER CARE

1. Disinfect the tools after using. Make sure to scrub the extractor tips and let it sit in rubbing alcohol or boiling water for atleast 1 minute.
2. Wash the tool in hot soapy water
3. Allow the tools to air dry.
4. You can also rub a bit of hand sanitizer on it once dry for further anti bacterial protection.
5. Place it back into the case or keep it in a dry and clean place.



XI. TIPS AND WARNINGS

- ✓ NEVER share your personal tools with anyone to prevent yourself from Blood born infections like Hepatitis B, C and HIV etc.

- ✓ NEVER try to remove any pimple that does not have a head on it. You could create an infection. If your pimples or acne are the cystic type, better leave the job to a professional, especially if it is hot to the touch.

- ✓ This face treatment will have to be repeated on a weekly to monthly basis depending on your skin type. Getting rid of comedones is a never-ending job, so be patient.

- ✓ Always be gentle when using a blackhead extractor because pressing too hard can damage the skin and cause scarring.

- ✓ When applying a warm towel to your face or taking a warm shower, make sure the water is not too hot. This can damage or even burn your skin.

- ✓ Deep, cystic pimples or more severe acne should not be attempted to be removed with this kit. It is best to see a dermatologist to have your skin cared for.

- ✓ If sebum is not easily being released, it is best not to apply extensive pressure as it could lead to scarring or infection.



- ✓ Your pores will temporarily appear larger when you remove blackheads especially those from around your nose. But that is only because the pores are empty. The astringent will help to close them.
- ✓ Many people are sensitive to astringent. Apply sparingly until your skin gets used to the formula. Redness will occur at first if you have never used either formula on your face before.
- ✓ Avoid putting hydrogen peroxide on your face, it can have corrosive effects on your skin.

"If you do it right, it should be quick and easy and highly satisfying!"