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## The Acne DermaSkin Care Regimen

### Step 1 – CLEANSE

\* Use 2 of the 3 types of daily acne cleansers daily:

1. **Anti-oil/anti-sebum** (i.e., Avene Cleansing Foam, Avene Oil-free Gel Cleanser, Babor HYOL with Phytoactive Combination)
2. **Salicylic acid** (i.e., DermaCare Gentle-Strength Glycolic / Salicylic Gel or Foam Cleanser, DermaCare Extra-Strength Glycolic / Salicylic Gel Cleanser)
3. **Benzoyl Peroxide** (i.e., DermaCare BenzaDerm Cleanser)

- ✧ One cleanser in the morning and a different cleanser at night.
- ✧ Do not use exfoliating cleansers (i.e., scrubbing beads)
- ✧ Use Clarisonic brush daily on face and trunk.

### Step 2 – REPAIR

Apply your topical prescriptions in the morning and night as directed (if applicable).

Take the oral medication with food and as directed (if applicable).

Glytone Back Acne Spray for truncal acne 1-2 times per day. Leave on after application.

### Step 3 – MOISTURIZE

Daily facial moisturizer 1 - 2 times daily as needed (i.e., DermaCare Feather Weight Moisturizer, DermaCare Restorative Bio-Therapy, Babor Perfect Combination Moisturizer, Avene Tolerance Extreme)

### Step 4 - PROTECT

Apply Zinc based Sunscreen daily (i.e. DermaCare AntiOxidant Tinted Sunscreen, DermaCare Sheer Physical Sunscreen, DermaCare SPF 30 Sensitive Skin Sunscreen, NeoCUTIS Journee Sunscreen, TiZo3 Facial Mineral Sunscreen Tinted, Colorescience Sunforgettable Sunscreen Brush, TheDermaShop.com Tinted Mineral Sunscreen).

**For make-up users, we recommended mineral make-up (i.e., jane iredale).**

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