



# Blemished Skin Care Chart

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## BLEMISHED SKIN CARE

L'BRI products are formulated to correct the skin and restore balance. Consistently following this L'BRI 2-week regimen is the first step in the corrective process toward clearer, healthier skin. Some individuals may experience a mild flushing of the skin with an increase in blemishes and/or a slight peeling. The breakout or peeling period may last anywhere from 3-21 days depending on the severity of the skin issue. Individuals with excessively oily and blemished skin may require a longer period of correction before complete results are achieved.

### **Additional Recommendations:**

Hold the freshener for the first two weeks then slowly introduce the freshener into the regimen by using once in the evening applied with a cotton pad to entire face. The freshener is highly oxygenating, opens the pores and rebalances the pH of the skin. If used in the first two weeks, the freshener may slightly exacerbate the flushing period.

Using an exfoliator and masque are an essential part of the blemished skin care routine. This will ensure that you are not treating or hydrating dead skin cells and are able to 'get out ahead' of the flushing process by treating areas of blemishes and increased oiliness.

Many individuals with mild to moderate acne can see clear skin using L'BRI skin care products without a prescription. Individuals with severe or diffuse acne may require medical intervention to control their acne. It is important to note that if the acne has a hormonal trigger, nodules or cysts, this may require medical intervention and use of over-the-counter or prescription medications.

### **Flushing versus allergic reaction:**

Flushing of the skin is not an allergic reaction, but is a correction. If you experience signs of correction, do NOT stop using the products. Contact your L'BRI Consultant or L'BRI Home Office for information on what you can do to accelerate the corrective process.

An allergic reaction on the skin would exhibit irritation, redness, itching, swelling, blistering, rash, or hives (itchy bumps or welts).



## Blemished Skin Care Chart

WEEK ONE	MORNING	EVENING
<b>Day 1</b>	<ul style="list-style-type: none"> <li>Cleanse face and rinse thoroughly with lukewarm water using washcloth or facial sponge.</li> <li>Apply KlearAway to blemished areas.</li> <li>Moisturize with Aloe Jelly* applied to the areas not treated with KlearAway. Do not add water.</li> </ul>	<ul style="list-style-type: none"> <li>Cleanse face and rinse thoroughly with lukewarm water using washcloth or facial sponge.</li> <li>Apply Clay Refining Masque to entire face. Leave on 15 minutes. Rinse thoroughly. Pat dry.</li> <li>Spot treat open blemishes with KlearAway.</li> <li>Moisturize with Aloe Jelly applied to areas not treated with KlearAway. Do not add water.</li> <li>Spot treat blemishes under the skin with Clay Refining Masque and leave on overnight.</li> </ul>
<b>Day 2</b>	<ul style="list-style-type: none"> <li>Follow Day 1 morning regimen</li> </ul>	<ul style="list-style-type: none"> <li>Follow Day 1 evening regimen</li> </ul>
<b>Day 3</b>	<ul style="list-style-type: none"> <li>Apply a thin layer of Facial Peel on clean, dry skin before cleansing. Follow product directions. Rinse thoroughly.</li> <li>Cleanse face and rinse thoroughly with lukewarm water using washcloth or facial sponge.</li> <li>Apply KlearAway to blemished areas. Moisturize with Aloe Jelly applied to areas not treated with KlearAway. Do not add water.</li> </ul>	<ul style="list-style-type: none"> <li>Follow Day 1 evening regimen</li> </ul>
<b>Day 4</b>	<ul style="list-style-type: none"> <li>Follow Day 1 morning regimen</li> </ul>	<ul style="list-style-type: none"> <li>Follow Day 1 evening regimen</li> </ul>
<b>Day 5</b>	<ul style="list-style-type: none"> <li>Follow Day 1 morning regimen</li> </ul>	<ul style="list-style-type: none"> <li>Follow Day 1 evening regimen</li> </ul>
<b>Day 6</b>	<ul style="list-style-type: none"> <li>Follow Day 3 morning regimen</li> </ul>	<ul style="list-style-type: none"> <li>Follow Day 1 evening regimen</li> </ul>
<b>Day 7</b>	<ul style="list-style-type: none"> <li>Follow Day 1 morning regimen</li> </ul>	<ul style="list-style-type: none"> <li>Follow Day 1 evening regimen</li> </ul>

\*For additional hydration, apply Oil Free Moisture Lotion in lieu of Aloe Jelly. For severely dehydrated, blemished skin apply Intense Moisture Crème.



## Blemished Skin Care Chart

WEEK TWO	MORNING	EVENING
<b>Day 8</b>	<ul style="list-style-type: none"> <li>• Cleanse face and rinse thoroughly with lukewarm water using washcloth or facial sponge.</li> <li>• Apply KlearAway to blemished areas.</li> <li>• Moisturize with Aloe Jelly applied to areas not treated with KlearAway. Do not add water.</li> </ul>	<ul style="list-style-type: none"> <li>• Cleanse face and rinse thoroughly with lukewarm water using washcloth or facial sponge.</li> <li>• Apply Clay Refining Masque to entire face. Leave on 15 minutes. Rinse thoroughly. Pat dry.</li> <li>• Spot treat open blemishes with KlearAway.</li> <li>• Moisturize with Aloe Jelly applied to areas not treated with KlearAway. Do not add water.</li> <li>• Spot treat blemishes under the skin with Clay Refining Masque and leave on overnight.</li> </ul>
<b>Day 9</b>	<ul style="list-style-type: none"> <li>• Apply a thin layer of Facial Peel on clean, dry skin before cleansing. Follow product directions. Rinse thoroughly.</li> <li>• Cleanse face and rinse thoroughly with lukewarm water using washcloth or facial sponge.</li> <li>• Apply KlearAway to blemished areas.</li> <li>• Moisturize with Aloe Jelly applied to areas not treated with KlearAway. Do not add water.</li> </ul>	<ul style="list-style-type: none"> <li>• Follow Day 1 evening regimen</li> </ul>
<b>Day 10</b>	<ul style="list-style-type: none"> <li>• Follow Day 8 morning regimen</li> </ul>	<ul style="list-style-type: none"> <li>• Follow Day 1 evening regimen</li> </ul>
<b>Day 11</b>	<ul style="list-style-type: none"> <li>• Follow Day 8 morning regimen</li> </ul>	<ul style="list-style-type: none"> <li>• Follow Day 1 evening regimen</li> </ul>
<b>Day 12</b>	<ul style="list-style-type: none"> <li>• Follow Day 9 morning regimen</li> </ul>	<ul style="list-style-type: none"> <li>• Follow Day 1 evening regimen</li> </ul>
<b>Day 13</b>	<ul style="list-style-type: none"> <li>• Follow Day 8 morning regimen</li> </ul>	<ul style="list-style-type: none"> <li>• Follow Day 1 evening regimen</li> </ul>
<b>Day 14</b>	<ul style="list-style-type: none"> <li>• Follow Day 8 morning regimen</li> </ul>	<ul style="list-style-type: none"> <li>• Follow Day 1 evening regimen</li> </ul>