



Skin Care Challenges — Acne

What is Acne?

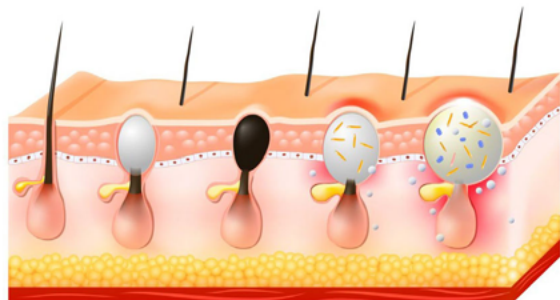
Acne is a skin disease caused by dead skin cells, oil, and bacteria that clog the hair follicles. Typically presents with blackheads, whiteheads, or pimples. Those with both dry and oily skin can develop acne. Genetics is the primary cause of acne in 80% of cases.

What causes acne?

- Sebum (oil) and dead skin cells clump together and form a plug in the follicle, which is the canal that connects to the skin's surface.
- Bacteria forms in the plug, which causes inflammation that leads to pimples on the skin's surface.
- Hormonal fluctuations that cause the body to secrete excess oil.

What are the common types of acne?

- Whiteheads: Plugged pores under the skin's surface.
- Blackheads: Plugged pores on the skin's surface that turn black when exposed to air.
- Papules: Small tender red or pink bumps.
- Pustules: Similar to papules, but with pus on top.
- Nodules: Large and painful lumps deep under the skin's surface.
- Cysts: Painful, pus-filled lumps under the skin's surface.



Healthy Whitehead Blackhead Papule Pustule



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L'BRI Products for Acne:

- Choose the skin care trio appropriate for their skin type by asking the following questions:
 - How oily is your skin?
 - Do you have regular breakouts, or are they cyclical?
 - How long have you had issues with acne?
 - Do you currently use prescription medication? All L'BRI products are safe and effective and can be used with prescription acne treatments.
- For mild to moderately oily skin, recommend the Oil-Control Blemish Collection.
- For excessively oily skin, recommend the Excessively Oily & Acne Collection..
- Rejuvenating Facial Peel to exfoliate dead cell buildup to help unclog pores.
- Time Erase with 10% alpha hydroxy acid to help refine enlarged pores, reduce acne scars, and aid in cell turnover.

Tips to Prevent Acne:

- Keep your face clean. Take a shower after exercising or sweating. Follow a consistent skin care routine.
- Eat a healthy diet, including plenty of water.
- Don't pick your pimples-EVER!
- Change your sheets and pillowcases twice weekly. Dirt and oil on your sheets will rub off onto your face while you sleep.