

*The key to achieving the best results is the consistent use of the correct products for your skin type.*

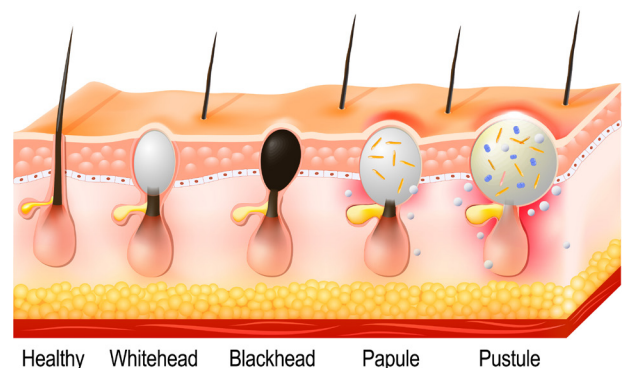
## FACTORS THAT INFLUENCE ACNE BREAKOUTS

- Blemishes start deep in the follicle. Blemishes form by dead skin cells and sebum mixing, which creates bacteria, inflammation, and blemishes result.
- Oily skin may produce more oil as a defense mechanism. It is trying to balance out the loss of moisture in the skin.
- Acne breakouts don't mean you have dirty skin. Excessive washing and scrubbing the skin may throw off the skin's natural balance, leading to further breakouts.
- Picking and squeezing the blemishes drives infection deeper into the skin and spreads the bacteria, causing more blemish breakouts. Picking and squeezing can also result in permanent scarring.
- Touching your face repeatedly throughout the day encourages bacteria growth.
- Excessive use of products or using the wrong topical products can cause an imbalance in your skin, excessive dryness, peeling, irritation, and redness.
- Both oily and blemished skin still needs hydration. Skipping moisturizer can cause excessive dryness, which causes increased oil production.
- If the acne breakouts are stress, diet, or hormone-related, encourage a clean diet, ample fresh water, fruits and veggies. Limit dairy and increase fiber with complex carbs.
- To prevent bacteria transfer, never sleep on the same side of your pillowcase twice; flip each day, and change every other day. Using one side of your washcloth to cleanse and the other to rinse is also a good practice.

## HOW L'BRI PRODUCTS WORK - FLUSHING VS. BREAKOUTS

- L'BRI skincare products are corrective and pull deeply embedded debris from the pores. It is not uncommon to have some flushing when beginning a L'BRI skincare regimen.
- Breakouts are flushing, but the process is accelerated by the product doing its job.
- Everyone's skin is different, and they may experience flushing differently. Some may not experience it at all. Individuals with consistent blemishes are more likely to experience flushing.
- Mild acne is usually whiteheads and blackheads with few papules and pustules.
- Moderate acne had multiple papules and pustules, mostly confined to the face.
- Moderately severe acne has a large number of papules and may require medical intervention. This type of acne can extend to the back and chest areas.
- Severe acne has a large number of painful, deep pustules, nodules, and cysts. This type of acne often requires medical intervention.

### TYPES OF ACNE PIMPLES



## HOW DO I DETERMINE WHAT PRODUCTS TO RECOMMEND?

- How long have you had blemished skin, and do you have consistent or occasional blemishes? How many? How often?
- What do you use for skincare currently? If someone says they have combination or normal skin, for example, but use a blemished skin product line, you need to consider that the person should be using our blemished skin rather than normal products.
- If the individual says they are oily, ask if they have to blot their face throughout the day.
- We never recommend stopping any treatments prescribed by a physician. L'BRI products are safe to use with prescription treatments unless otherwise directed by their physician.

## HOW DO I RECOMMEND USING THE PRODUCTS?

### Sporadic and hormonal acne

- Products: Use cleanser, *KlearAway*, and *Clarifying Clay Masque* or *Facial Masque*. The choice of masque will depend on the oiliness of their skin. Recommend clay masques for oilier skin. Clay is healing, draws out deeply embedded impurities, and heals blemishes both under and on the skin. *Facial Masque* works well for dry skin with acne to dry up and draw out the deep impurities.
- Twice Daily: Cleanse, then use *KlearAway* either as a spot treatment on sporadic blemishes or the entire face if the blemishes are extensive. Do not apply *Aloe Jelly* or moisturizer over the *KlearAway* to avoid diluting this product.
- Nightly: Use *Clarifying Clay Masque* on the blemishes after *KlearAway* leaving it on overnight. Also, use the clay masque 3–4 times weekly on the entire face for up to 30–60 minutes to draw out and absorb oil and impurities and refine pores' appearance.
- Twice weekly: Use *Rejuvenating Facial Peel* as directed. Don't apply masque overnight if using the peel in the morning.

### Cystic acne

- This type of acne is much more challenging. These are usually people who have tried multiple skincare routines and medications.
- Cleanse skin twice daily with *Oil-Control Cleanser*. Pour *Deep Clean Toner* onto a cotton pad and wipe onto the entire face or the affected areas once daily, increasing to twice daily as the skin acclimates to the product.
- Nightly: Use *Clarifying Clay Masque* after *Deep Clean Toner*. Apply on individual blemishes and leave on overnight. *Clarifying Clay Masque* may be used daily for up to 30–60 minutes for excessively oily skin. Decrease frequency of use if dryness results.
- Twice weekly: Use *Rejuvenating Facial Peel* as directed. Do not apply masque if using the peel the next morning.