



Top 5 reasons you're breaking out (after 6 months on our program)

1. You are not following your entire routine every day and are skipping your morning and/or evening routine multiple times per week.
2. You are not using enough product. Full dime size or more of Acne Gel and 3-4 drops of Mandelic serum. All products massaged into your skin until completely absorbed.
3. Your diet is not acne safe. Look at the "foods to avoid" list. How many of those are you consuming daily? Use your food diary so you can see in black and white what foods you might be eating that are not helping your skin.
4. You are using makeup that is not on our short list of acne safe makeups. Priia.com, Illuminarecosmetics.com or Bareminerals.com (original powder only)
5. You are not using our products exclusively. What are you using on your acne affected areas that are not ours? Use your pore clogging ingredient list to make sure they are truly acne safe. Better yet, don't use them.

As always we are happy to assist you when trying to figure out your breakouts. The reasons you are breaking out are not limited to this list so if you are 100% compliant with the reasons above, become your own detective. What has changed? Are you under a lot more stress? Has your diet changed? Are you travelling more (think water/ laundry detergent on hotel sheets)? Are you eating out more and consuming more iodine than usual?

If so, these are things you'll need to change in order to get the clear skin you want. Do you want clear skin more than Starbucks, or pizza with friends? Do you want clear skin more than partying late night with friends? Do you want clear skin more than not waking yourself up before bed?

We can't want you to have clear skin more than you do.
Decide. Commit. Take action.

