

WELCOME!

Thank you so much for joining our Virtual Clear Skin Program!!
We are thrilled you have chosen us to help you improve your skin.

Here is the link to everything you need to know:

<https://atlantaacnespecialists.com/virtual-clear-skin-support/>

(Password protected)

Your instructions on how to use your products are included on this page. Print this page, cut the instructions on the right out, and tape it to your mirror so you know exactly what to do each day.

WEEK 1 & 2 NOTES

- Yes, you will use the serum only every other morning (in the beginning).
- Yes, you will put the acne gel on and wait 15 minutes. Add appropriate time every 3 nights before washing it off with your cleanser and apply balancing moisturizer.
- Yes, this seems like a lot of work and not much is happening, YET. We are letting your skin get used to the products without irritating the skin too much. It may seem like nothing is happening. That's ok! All of this work is cumulative. You will see a difference in the coming weeks.
- I encourage you to take pics in the same place with the same light every 2 weeks so that you can measure your success, just like we would in the office.

Remember, you will apply all of the products to the entire face, back or chest.

NO SPOT TREATING

WEEK 1 & WEEK 2

MORNING ROUTINE

- **Ultra Gentle Cleanser**
(use ice pack if inflamed for 1-2 minutes)
- **Toner**
- **Serum** (every other morning)
PUMP - 1 pump
- **SPF** - Everyday SPF 30

EVENING ROUTINE

- **Ultra Gentle Cleanser**
(use ice pack if inflamed for 1-2 minutes)
- **Toner**
- **Acne Gel** - Dime size amount
Night 1-3: 15 minutes/ then cleanse
Night 4-6: 30 minutes/then cleanse
Night 7-9: 1 hour/then cleanse
Night 10-13: 2 hours/then cleanse
- **Apply Balancing Moisturizer**
or Copper Peptide Moisturizer

Starting day 14 you will no longer wear the balancing moisturizer at night. It stops the action of the acne gel, making it ineffective. You will only use the hydrating gel at night going forward.

ATLANTA ACNE



SPECIALISTS

ATLANTAACNESPECIALISTS.COM