

# YOU'VE ALMOST COMPLETED THE FIRST 3 MONTHS. CONGRATULATIONS!

Just two more weeks and you're there. You have probably seen considerable changes in your skin through the last 10 weeks. If you are reading this I am super proud of you for committing to this program! Now what? You keep using your products the same way to maintain or continue results. You should be close to needing new products so order today. You should need cleanser, toner hydrating gel, and SPF. You will be using these for a while so even if you aren't out, you will be soon.

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 11 & 12 NOTES

**If you are clear:** Great job!! Keep your regimen exactly the same. Your skin will continue to improve, you will maintain your results, and redness will start disappearing just by continuing to use the products.

**If you are still breaking out:** You have done an amazing job and your skin should be significantly better than where you started. Some clients continue to have breakouts up to the 6 month mark.

Go over the Clear Skin Booklet and watch the consultation video again. Make sure you are using your entire regimen both morning AND night never skipping. Is your diet free from all of the foods to avoid? Watch the "How to use your products" video to make sure you are using the correct products in the correct order and enough of them. Lastly, you may [schedule an in office or virtual appointment with us](#) if you feel you want additional support. You may need different products and we can help you decide which ones based on what we discuss during that virtual or in office appointment.

**If you would like more customized instructions, [fill out the form here](#) and we will suggest the best products for your skin in it's current condition.**

## WEEK 11 & WEEK 12

### MORNING ROUTINE

- **Ultra Gentle Cleanser**  
(use ice pack if inflamed for 1-2 minutes)
- **Toner**
- **Serum**  
PUMP - 1 pump
- **Hydration product** (if needed)  
Hydrating Gel, Hydration Water  
Balancing Moisturizer, Copper Peptide
- **SPF** - Everyday SPF 30

### EVENING ROUTINE

- **Ultra Gentle Cleanser**  
(use ice pack if inflamed for 1-2 minutes)
- **Toner**
- **Serum**  
PUMP - 1 pump
- **Hydrating Gel** or **Hydration Water**
- **Acne Gel**

All products still are applied all over the entire face. Your skin is clear because the products are creating a "normal skin" for you. If you stop using them your acne will come back. You have invested the time and energy to get this far, so keep it up!

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