

# YOU SHOULD BE SEEING SOME WONDERFUL CHANGES BY NOW.

Now it's time to add a new strength of your serum and incorporate it into your routine. Use your current strength in the morning and the increased strength at night. This allows your skin to get used to the new strength. Once you've used all of the old strength serum, you will use the new one twice per day.

If you are too dry or products are stinging or burning, wash off the product that stings, apply SPF or moisturizer [fill out the form here](#). Please include in focus, well lit pictures so we can give you the best advice. You can also fill out the form if you have questions on reordering products or need any additional instructions.

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 7 & 8 NOTES

- Many of you will be perfectly happy with where your skin is right now. You may stay at your current regimen if that's the case - keep in mind it may change in the future. If you are still getting big, red pimples the new Acne Gel will help tame those. If you still have a ton of little bitty open/ closed comedones (blackhead/whiteheads) under the skin, the new serum will help that. Continue using your products morning and night religiously to continue paving the way toward clear skin.
- Don't Skip! Many clients get overly confident at this stage because their skin has improved so much. Every single time you miss your morning or evening routine you are allowing the dead skin to build up inside the pore creating a new set of pimples that we won't see for 2-3 months. Stay consistent for the best results!

## WEEK 7 & WEEK 8

### 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\*\***

\***Serum** - alternate using original strength in the morning and the increased strength at night until the old one is gone. Then use the new one twice per day.

\*\***ACNE GEL** - You should be finished with your first acne gel and using the new one every night. If you still have some left, alternate the lower strength and the newer strength every other night until the old one is gone. Then use the new one nightly.

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