

# YOU SHOULD BE LOOKING AND FEELING MUCH BETTER BY NOW.

How are your pictures looking? I would love to see them when you have time! You should be out of the very first active products and using the new ones every morning and every night.

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 9 & 10 NOTES

- You should not be getting many (if any) new, big breakouts by now if you are using your products correctly. Most likely you will still get a few small ones. We may need to schedule a consult if you are having some trouble. Consults are 30 minutes via phone or FaceTime/Skype and are \$50. Remember, it takes at least 3 full months to achieve clear skin and we have just a few weeks left till we get there. Hang on, you're almost there!

### If you are still having big breakouts:

- Go over your food list again to make sure you are not eating any of the foods that will trigger breakouts. You can include your food diary via email and we can help.
- Have you changed your makeup to Priia or Bare Minerals Original?
- Are you using makeup wipes? (They may contain pore cloggers.)
- Have you changed your shampoo/conditioner? (If you get little breakouts around the hairline that could be the culprit.)
- Are you taking supplements/vitamins that contain biotin, potassium iodide, seaweed, kelp, spirulina, chlorella, or algae?

## WEEK 9 & WEEK 10

### 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**

You should be out of the very first active products and now onto the new ones every morning and every night.