

ACNE NO-NO'S CHECKLIST

- 1.** No to products with artificial fragrances, dyes, sulfates, phthalates or parabens.
- 2.** No to oil cleansing. It is just too risky; skip it.
- 3.** No to face wipes and makeup removers. Makeup removers should only be needed to take off waterproof mascara. No to waterproof mascara.
- 4.** No to over washing your skin. Wash no more than two times per day on average and never go to bed without washing your makeup off.
- 5.** Not to picking pimples that are not ready.
- 6.** No to picking dry skin or flakes.
- 7.** No to electronic scrub brushes, as they stimulate oil production and drive already stripping/dehydrating acne products further into the follicles causing increased inflammation.
- 8.** No to too many stripping ingredients

and products. Use only one or two stripping products in your home routine at most, depending on all the previously mentioned variables.

- 9.** No to too many layers of products on the face. Less is more no matter how good the quality of products.
- 10.** No to over-moisturizing.
- 11.** No to primers. No heavy foundations.
- 12.** No to chemical sunscreens and be discerning of physical sunscreens.
- 13.** No to waxing or shaving the face (if you're a woman). If you are a man, do not shave if you do not have to. If you can, choose an electric razor over a double-edged razor. If you have to use a razor, use a single blade.
- 14.** No to dermaplaning. It irritates acne-prone skin and can cause a breakout.
- 15.** No to department store advice and self-prescribing. Do not rely on your local department store, your best friend, the Internet, a magazine or television for your skincare advice.
- 16.** No to spa facials. They usually cause breakouts. Only get clinical facials.

ACNE NO-NO'S CHECKLIST CONT.

17. No to cortisone injections for cystic acne. The potential for scarring is devastating and usually doesn't show up until a year or so later. Avoid it if you can.

18. No to micro-needling if you have active acne. This causes too much inflammation and trauma to your skin increasing risk for breakouts. You must wait to be acne-free. No home rollers/home micro-needling, as you can tear your skin easily.

19. No to laser treatments if you have active acne. Light therapy is okay, but no laser resurfacing or fraxel whatsoever. They cause too much inflammation and trauma. The potential for hyperpigmentation and more breakouts is way too high. Darker skin tones should never have laser therapy.

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Eliminate Acne Checklist

- Eliminate / Limit Dairy
- Limit/Eliminate All Grains
- Limit/Eliminate Caffeine
- Limit/Eliminate Alcohol
- Limit/Eliminate Omega 6 Oils
- Become Gluten Free
- Complete A Candida And
A Liver Cleanse
- Incorporate Bone Broth
- Take Supplements
- Eliminate Dehydration Both
Internally And Topically
- Detox Your Home And Body
From Harmful Toxins
- Reduce Stress
- Get Good Sleep
- Get A Naturopathic Doctor
- Get A Good Skin Care Provider
- Get Professional Advice On
Skin Care Products
- Do Medical Facials
- Get A Good Dermatologist