

ACNE BOOT CAMP PROGRAM

What is Face Reality Boot Camp?

Face Reality Acne Boot Camp is a 3-6 month process with your commitment to use the prescribed acne safe products **exclusively** AND commit to change your diet, lifestyle, makeup, etc. The FACE REALITY Acne Boot Camp has proven to work with a success rate of 95%. Our program is designed to treat all types of acne grades 1- 4 (mild to severe non-inflamed, inflamed, cystic acne, hormonal acne, acne rosacea, teen acne, mature or adult acne and back acne) without the use of prescription drugs. We use Face Reality Skincare which is a tried and true system of the best anti-acne products and treatments. We customize an effective clear-skin plan just for you.

What is Acne?

Acne is an inherited disorder of the pores – pores that shed dead skin cells much faster than normal. Normal pores shed about one layer of dead skin cells per day inside the pore. The acne-prone pore sheds up to five layers of dead skin cells per day and the body just can't keep up. This forms the microcomedone, the beginning of all acne. Taking up to 90 days, it turns into blackheads or congestion under the skin; or if bacteria is present (which just loves to feed on the dead skin cells and oil), it turns into inflamed pimples or pustules and maybe even cysts.

How Long Will It Take To Get Clear?

Because it takes up to 90 days for acne to form, you may still have 90 days of acne that will surface. Our acne products and protocol will keep the new acne from forming that would surface 90 days from now. The Face Reality Acne System will have your acne *under control* in about three to six months (in most cases) depending on your type of acne. Some types of acne take longer to clear. Your Acne Specialist will customize a home care regimen that takes at least five things into consideration - your type of acne, your skin type, your skin color, your skin sensitivity and your environment. The biggest part of getting your skin clear will be your commitment to doing your home care regimen as instructed and following lifestyle guidelines. It typically takes about six treatments (seeing me every two weeks) over a three-month period of time to get you mostly to completely clear; significant results will be seen within six weeks. After your acne is under control, you have to maintain your home-care regimen to keep your acne managed. Many clients come in for a tune up acne treatment every 4 to 6 weeks just to keep their skin as healthy as possible.

How the Acne Program Works:

Our Acne Treatment Program uses a comprehensive and holistic approach to treat acne. We combine the power of acne treatments with professional acne care products, and the guidance of our licensed esthetician certified acne specialist. All treatment and product selections are determined on an individual basis. What works for one person may not work for another. For this reason, we keep an eye on how your skin responds – making modifications to your treatment plan as needed. This initially requires an office visit every two weeks for several months. Once your acne is under control, you will need to maintain your daily skincare regimen. To keep your skin healthy, follow up appointments are recommended for a monthly deep cleanse facial with professional products.

What do we expect from you?

ONLY USE PRODUCTS WE RECOMMEND - Our program is a combination of receiving a series of acne treatments in conjunction with daily use of the home care products recommended by our licensed esthetician certified acne specialist. Once you agree and commit to our acne program, you **WILL NOT** be using ANY products that are not recommended by us.

FOLLOW OUR GUIDANCE - We are here to help you. Your dedication is imperative in achieving your desired results. Our continued education keeps our clients updated on the latest developments/findings regarding acne.

PATIENCE FOR THE PROCESS - Your daily routine, with our instruction, is the key to your success! If you are not executing your homecare routine according to our instruction, you will not achieve your desired result. If you are not one to be patient and ver away from a routine, this program is **NOT** for you. This program is also not for someone looking for overnight success. **REMINDER**, this Boot Camp is at least 3-6 months long. (Depending on Acne type and severity)

EXPECT SOME DRYNESS & FLAKING- You may experience some dryness and flaking. This is normal. If you experience anything more severe, we are here to help correct and reconfigure your product protocol.

COMMIT 100% - Our 'Acne Boot Camp' is a proven program to get your acne under control. However it will take your commitment to do so. We are excited to embark on this journey with you! You'll have your acne under control once and for all in just a few months.

PLEASE BE AWARE: If you have been on any prescription topical product (i.e. Differin, Retin-A, Clindamycin, Epiduo, etc.) you **MUST** discontinue use for 2 weeks prior to your appointment. These products cannot be used while using our recommended skincare products.