

THE DO'S AND DON'TS OF THE FACE REALITY SYSTEM

DO	DON'T
DO put on your sunscreen everyday, even if you are not leaving the house. Sunscreen protects your skin from pigmentation damage, and is your only moisturizer!	DON'T forget your sunscreen in the morning!
DO call us, so we can work together to help with the dryness while keeping your skin clear! Acne Med PREVENTS new pimples from forming, and new ones will form if you skip even one night of using it!	DON'T stop using Acne Med if you get too dry!
DO call us, so we can work together with tweaking your regimen, preventing possible burning of the skin!	DON'T use your products if they burn or sting!
DO use white towels, pillowcases, sheets & wash your hands with soap after applying it to prevent accidental bleaching!	DON'T forget that Acne Med bleaches!
DO use a non-comedogenic eye makeup remover.	DON'T use Acne Wash or Scrub to remove eye makeup!
DO call us so we can tweak your regimen to help with dryness, or give you our water-based Hydrating Emulsion to hydrate without weakening the Acne Med.	DON'T moisturize or use any creams ON TOP of Acne Med!
DO remember that consistent usage of your products will KEEP you clear!	DON'T get comfortable and stop using your products once you are clear!
DO call us to have us ship you products. You can get whatever you need in just a few days, for just a few dollars in shipping costs!	DON'T run out of or sparingly use products!
DO ice! Or, call us for a free-of-charge, quickie extraction at the clinic, between treatments!	DON'T pick!
DO call us if you need guidance on how to use your products and make them work more effectively!	DON'T overuse product!
DO bring your i-Pod to listen to while you get treated, and DO breathe deeply and slowly to relax your body!	DON'T be scared of extractions!
DO apply your serums, Acne Med and Vitamin A products with your bare hands to prevent waste!	DON'T use cotton balls or pads with your products, except with your toner!