

Morning:

- 1. Cleanser Facial Shampoo**
- 2. Purifying Trio**
- 3. Ice**
- 4. Serum C**
- 5. Restore/Calming Fluid**
- 6. Sunscreen**



Evening

- 1. Volcanic Scrub 2-3 X's a week or (Clear Skin Polish (pink scrub) 1-7 X's a week) _____**
- 2. Ice**
- 3. Mandelic 15%- (or retinol) allow to dry 1 min**
- 4. Benzoyl Peroxide: 1 hr. to Overnight _____
(spot areas overnight)**
- 5. Restore**
- 6. Neem oil rub in belly**

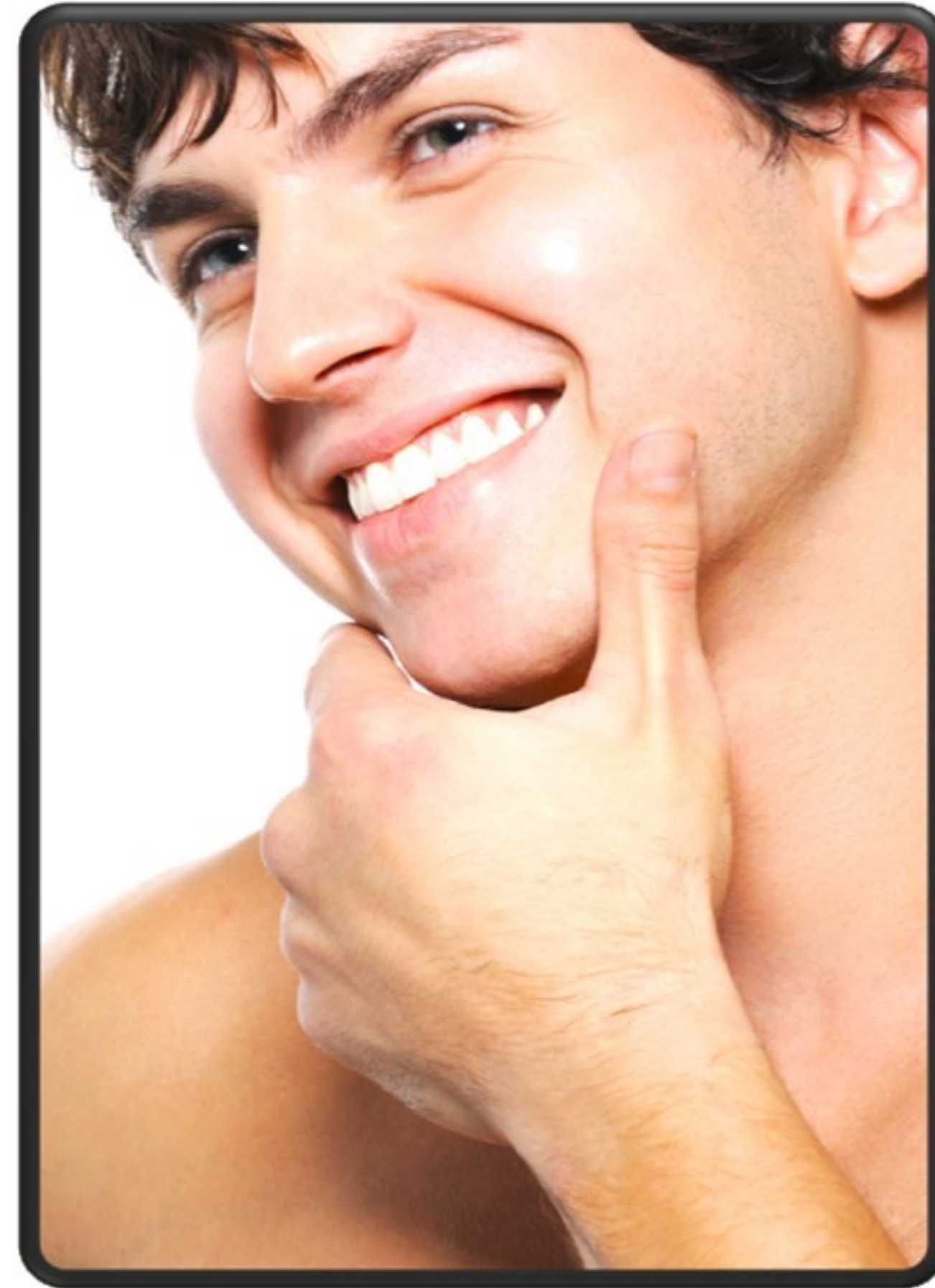
Note:

ICE– Intense - 2-3 times a day 5-10 min
Moderate— 1x a day 3– 10 minutes
After Facial 3x's a day 2-3 minutes (3 days)
Monthly– 1 week before M cycle (girls)
When needed– bump starts with itch, sensitive or sore– ice the area 2-3 minutes
After Facial- Next 72 hours after a facial ICE 2-3 a day (5-10 minutes) to reduce the skin from breaking out.

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5 KEYS TO CLEAR SKIN



Appt: _____

Appt: _____

Appt: _____



Acne has always been the reason why I became passionate about skin care. For over 30 years, I have enjoyed helping people on how to understand their acne. I worked for a Dermatologist and became fascinated with changing people's lives. I have seen that acne does not discriminate age, color or gender. Since I opened in 1993, I have had clients as young as 11, all the way up to their 80's. However, teenage acne has a special place in my heart because of the affects that it has on the self esteem, confidence and day to day life. I have witnessed kids come in slouched down and embarrassed, young girls hiding their faces with their hair. Only a couple of months later I have seen a transformation within themselves. Unfortunately, I have also witnessed that there is no distinct cure for acne, there is hope. With the right skin care products, proper guidance to the right facial can make a difference on peoples faces.

Lorena Padilla Coello



Clear Polish

- Reduces the appearance of large pores
- Water based foaming scrub
- Can be used for the face and body
- Enhances product penetration

Important to know about scrubs:

Cleanser with grains designed to help remove dead skin cells and allow better product penetration. Leaves the skin feeling smoother.

Always use in gentle circular motion. Over scrubbing can make the skin sensitive and it is not necessary. It's purpose is to gently remove the dead skin build up to allow other product penetration and smoothen the texture of the skin. Avoid drier areas such as under the eyes, smile lines and under the lip fold. At times you may just need to scrub only the problem areas. Start using every other day. 1-7 times a week. Start with 3 times a week. It is important to NOT over scrub to avoid irritation. MORE IS NOT BETTER

Consult your doctor for medical diagnosis and if facial right for you



Mild cleanser for all skin types. Leaves the skin with a refreshing and immaculate sensation. Use in the morning and night, after working out and to wash off makeup. Directions: Add water to small amount of Facial Shampoo. Lather and massage in circular motion. Repeat if necessary to thoroughly wash off make up.

Stem Cell C Serum (G) is a revolutionary anti-aging serum formulated with stem cells of a rare Swiss apple, protects longevity, combats chronological aging, and preserves a youthful look. Rich in phytonutrients, proteins to provide an anti-wrinkles.



Volcanic Polish- This multitasking Black Mud-based facial polish, fortified with Activated Charcoal and natural micro grains, purifies, exfoliates, and improves the skin's texture as it polishes away impurities and poredwelling environmental pollutants.

A three-in-one luxurious wash-off hydrating masque, hybrid sleeping masque and moisturizing crème that infuses the skin with powerful antioxidants as it delivers maximum hydration and



Mandelic 15% , enhances better product penetration. Use carefully since it may over dry the skin.

Avoid drier areas such as under the eyes, smile lines and under the lip fold. Use 1X a day. Up to 2X's a day depending on

Tinted Gentle SPF 20 - A light-weight sunscreen formulated especially for sensitive skin. Non-irritating Zinc oxide & Titanium dioxide based. Infused with Japanese Green tea and chamomile extract for antioxidant properties for soothing absorption instantly.



Vita A Pro Lotion– Medium strength Retinol to help restore skin's healthy vitality, exfoliation, the more rapid shedding of dead surface cells, allows better penetration of skin care, unclogs more difficult blackheads and especially stubborn whiteheads.



Purifying Trio

A Mandelic Acid based multi functional toner used to help remove dead skin cells, reveal fresh skin, brighten unwanted skin discolorations and purify clogged pores.

- Fights break outs
- Reduces redness and irritations
- Deep pore cleansing after exercise
- Brightens the skin



Glycolic Acid, enhances better product penetration. Use carefully since it may over dry the skin.

Avoid drier areas such as under the eyes, smile lines and under the lip fold. Use 1X a day. Up to 2X's a day depending on amount of clogged pores. Should dryness occur, reduce to 3-4 times a week.

Benzoyl Peroxide acts as a potent solution for aging or problematic skin. This transformative serum helps with clarifying benefits for clear, radiant skin.

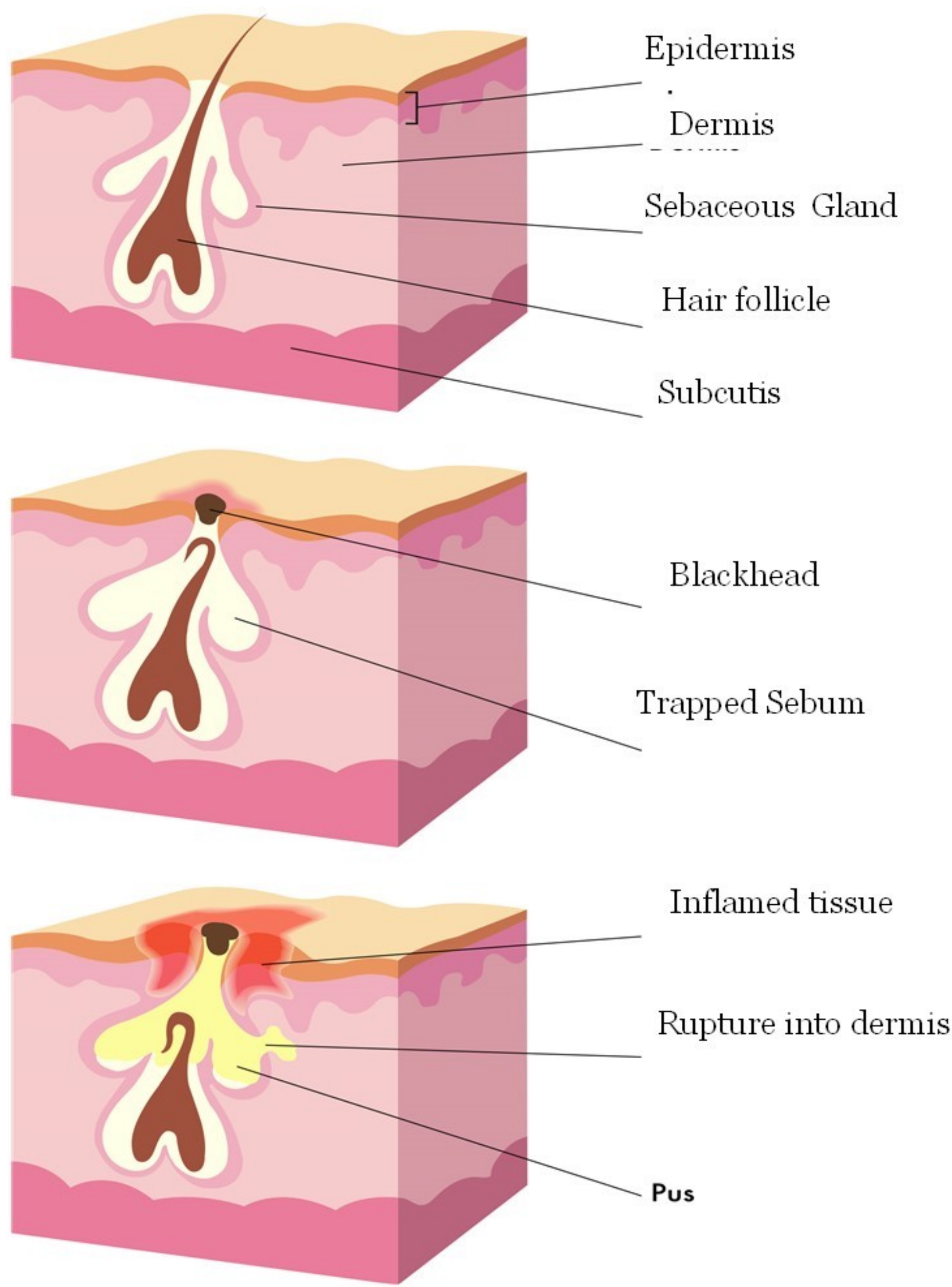


Calming Fluid

Lightweight moisturizer with natural skin repair
Moisturizes and replenishes the skin's barrier.

- Light weight
- Soothing
- Non comedogenic
- Reduces sensitivity

Blackhead



AGGRAVATING FACTORS

Stress- It is largely a contemporary problem, compounded by work pressure, city life, and lack of sleep.

Sunlight- Sun exposure causes undesirable scaling and drying, it also damages the follicle, exacerbates dark spots, may cause skin cancer, premature aging, "Solar Acne" later in life.

Climate- Heat and humidity causes swelling of the skin which could possibly exert enough pressure on the follicles to further complicate an already existing condition.

Pressure/Friction- Acne Mechanica affects athletes who wear headbands, baseball caps, and/or football helmets, etc.

Picking- Picking nervously without realizing or attacking minor lesions can create huge macular sores and disfiguring scars.

Food- Though most foods are not associated with acne flare-ups, salty foods containing iodine such as fast foods, salty snacks, and dairy products can cause flare-ups. Other foods that are high in iodines include some types of shellfish, kelp, squid, and asparagus.

Industrial Factors -Exposure to constant amounts of occlusive grease or airborne grease such as fast food restaurants and mechanics may notice flare-up in their condition.

Cosmetics -Some ingredients in skin care products such as bar soaps may have substances which cause dead skin, oil and bacteria to stick together leading to pore clogging. Also, old make-up may have gone rancid which could cause bacteria in the pores.

Hormone changes and imbalances- Consult with your doctor for medical advice to check if probable cause of breakouts

SKIN CARE TIPS

Cleansing (Facial Shampoo) Remove makeup completely before Benzoyl peroxide to fight the bacteria that causes acne.

Toner (Purifying Trio) AHA toner. Apply with cotton pad. Reduce to less times a week if needed. Only on affected areas.

Sun Protection Use sunscreen whether it is over cast or not. Should you be in direct & long term sun exposure (ex. Beach, River etc.), stop using any kind of benzoyl peroxide, bleaching creams, or any AHA a good 3-4 days prior to the day of sun exposure. Wearing a hat is best.

Scrubbing beads (Clear Skin Scrub) Always use in gentle circular motion. Avoid more sensitive areas

Drink lots of water. Especially in the morning with fresh squeezed lemon juice.

ICE For inflamed red skin, treat your skin with purified water ice cubes(directly on the skin) for 5-10 minutes. It helps the skin to heal faster and avoid some of the "big ones" from flaring up and becoming sore. Avoid ice if your skin has broken capillaries.

Severe -2-3 times a day (til 80% clear)

Moderate— Once a day

Mild— 2-3 times a week

Premenstrual—Daily 1 week before it starts

Repair the skin (Restore) Comforts and soothes sensitive skin without clogging the pores. Supports the repair of protective lipids in the skin .

Retinol (Vit A Lotion) Speeds cell turnover, evens out discoloration and brightens the skin tone and unclogs pores and reduces pore size.

Mask Therapeutic and or Pumpkin mask once a week would be like giving your skin a "mini facial treatment".

Probiotics Taking probiotics topically, internally or both is thought to calm that inflammatory response and reduce the incidence of acne breakouts.

Neem Oil in the Navel: ayurvedic method of clearing skin from the inside— apply in and around the belly button.

Your skin is constantly producing new cells and oils. This oil becomes sticky and adheres to dead skin, which can clog your pores and cause white heads, black heads and flare ups.



Genetics may be other major factors to skin conditions. Although there is no permanent solution, inherited factors are treatable. Unfortunately, there is no cure for acne but it can be controlled.

It is important to understand how acne works to diminish and especially prevent future blemishes. Acne control begins with proper cleansing and treating of your skin on a daily basis. Consistency is the key!

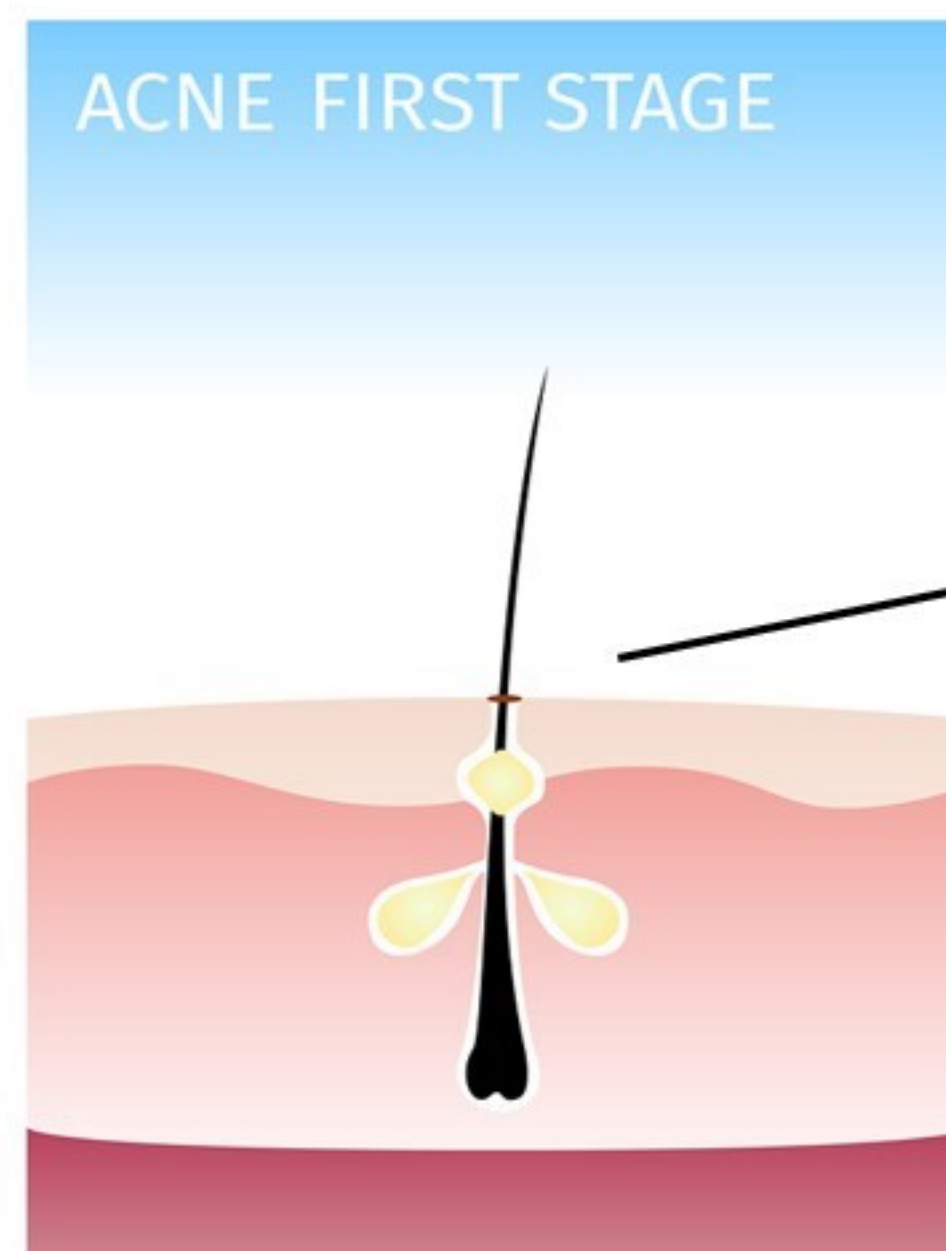
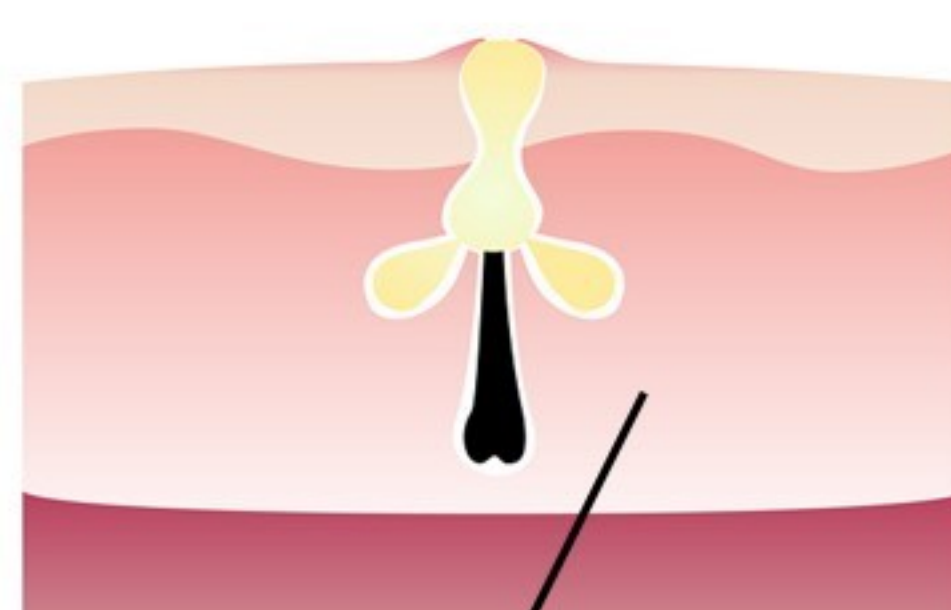
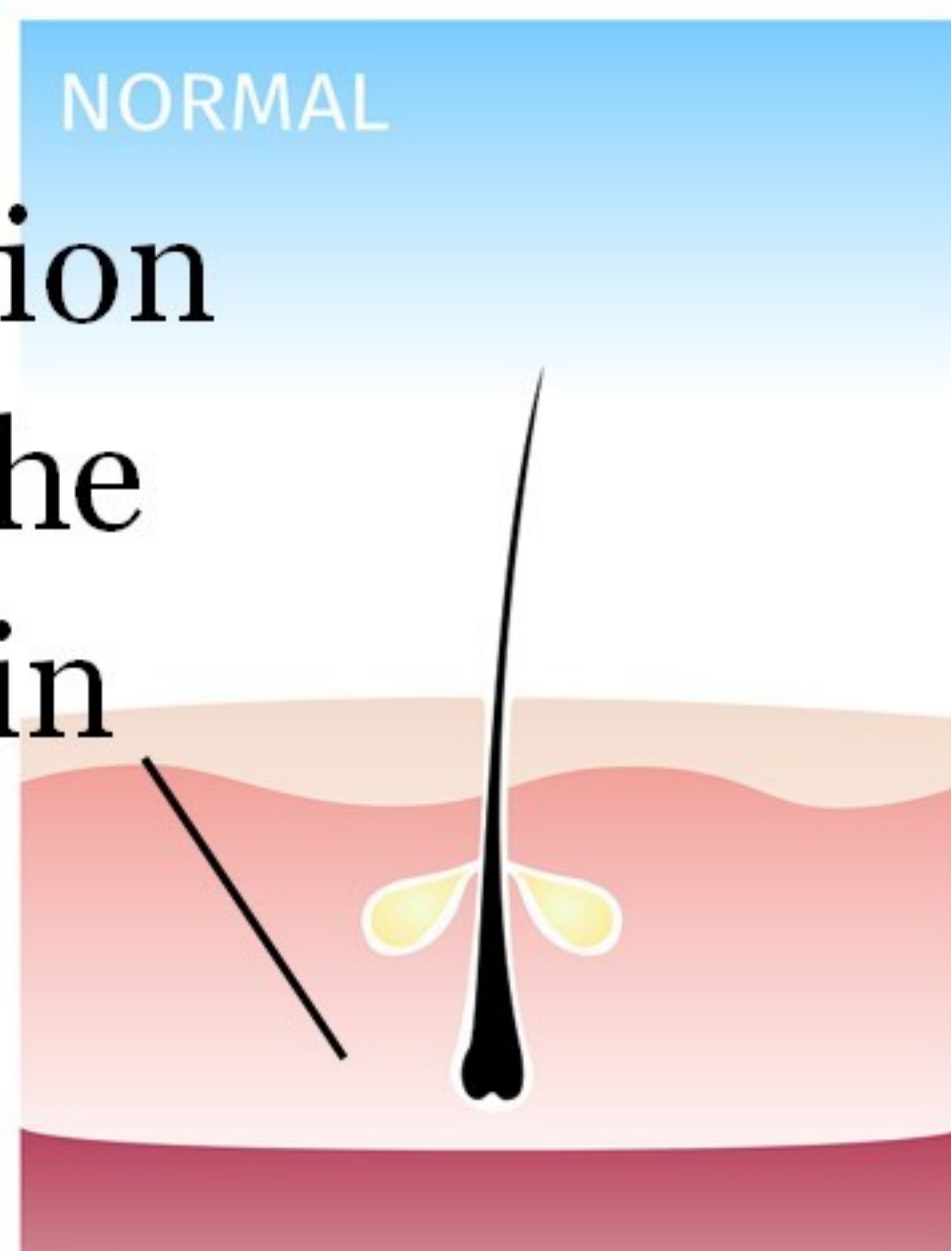
Most skin flaws can possibly be caused by a hormonal imbalance and the skins inability to slough off dead skin cells. Daily exfoliation will reduce blemishes.

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Oil production lubricates the hair and skin



Oil becomes sticky and begins to

accumulate with dead skin and bacteria

Follicular wall begins to become irritated

Walls break - Eruption occurs with inflammation and fills with pus



For educational and informational purposes. Consult your doctor for proper diagnosis and if this is right for you

Facial Treatments

Facials with Extractions Get treatment regularly to help remove dead skin cells, blackheads and whiteheads. Professional chemical exfoliation is an integral part in maintaining healthy skin.

Facial w/ Extractions Tune up Peel

- Enzyme Peel
- Extractions
- Special Peel (acne)



Book now



MicroFusion (scar reduction)

- Microdermabrasion
- MicroChannel
- LED

Shop for Products



Ice the skin



Intense - 2-3 times a day 5-10 min til most redness has reduced. (2 wks– 2months)

Moderate— 1x a day 3– 10 minutes

Maintenance 3x's a week 2-3 minutes

Monthly– 1 week before M cycle (girls)

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