

# SKINETICA

## ACNE FACT SHEET

Useful information to help you understand and treat acne.

Unlike most acne treatments, Skinetica contains NO toxic chemicals and so has NO side effects on your skin. It is safe to use and non-allergenic.

It gently moisturises your skin, preventing drying, redness, and chapping, and it smells light and fresh.



SKINETICA

## ACNE FACT SHEET

USEFUL INFORMATION TO HELP YOU UNDERSTAND AND TREAT ACNE



**ACNE IS A COMMON SKIN CONDITION THAT AFFECTS MOST PEOPLE AT SOME POINT. IT CAUSES SPOTS TO DEVELOP ON THE SKIN, USUALLY ON THE FACE, BACK AND CHEST.**

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The spots can range from surface blackheads and whiteheads – which are often mild – to deep, inflamed, pus-filled pustules and cysts, which can be severe and long-lasting and lead to scarring if untreated.

Acne is most commonly linked to the changes in hormone levels during puberty, but can start at any age.

It affects the grease-producing glands next to the hair follicles in the skin. Certain hormones cause these glands to produce larger amounts of oil (abnormal sebum).

This abnormal sebum changes the activity of a usually harmless skin bacterium called *P. acnes*, which becomes more aggressive and causes inflammation and pus.

The hormones also thicken the inner lining of the hair follicle, causing blockage of the pores (opening of the hair follicles).

Cleaning the skin does not help remove this blockage.

Hormonal changes, such as those that occur during the menstrual cycle or pregnancy, can also lead to episodes of acne in women.

#### THERE ARE SIX MAIN TYPES OF SPOT CAUSED BY ACNE:

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**blackheads** – small black or yellowish bumps that develop on the skin; they are not filled with dirt but are black because the inner lining of the hair follicle produces pigmentation (colouring)

**whiteheads** – have a similar appearance to blackheads, but they can be firmer and will not empty when squeezed

**papules** – small red bumps that may feel tender or sore

**pustules** – similar to papules, but has a white tip in the centre that is caused by a build-up of pus

**nodules** – large hard lumps that build up beneath the surface of the skin and can be painful

**cysts** – the most severe type of spot caused by acne; they are large pus-filled lumps that look similar to boils and carry the greatest risk of causing permanent scarring.



#### SOME SELF-HELP TECHNIQUES MAY BE USEFUL:

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Do not wash affected areas of skin more than twice a day. Frequent washing can irritate the skin and make symptoms worse.

Wash the affected area with a mild soap or cleanser and lukewarm water. Very hot or cold water can make acne worse.

Don't try to "clean out" blackheads or squeeze spots. This can make them worse and cause permanent scarring.

Avoid using too much make-up and cosmetics. Use water-based products, like Skinetica, that are described as non-comedogenic, this means the product is less likely to block the pores in your skin, (Skinetica will not!).

AVOID USING ACNE TREATMENTS THAT CONTAIN TOXIC CHEMICALS SUCH AS BENZOYL PEROXIDE ETC. THESE TOXINS CAN MAKE YOUR SKIN CHAPPED, RED AND SORE.

Completely remove make-up before going to bed, and applying your Skinetica.

#### YOUR SKINETICA SCIENTIFIC SKINCARE ROUTINE:

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It's very easy to use Skinetica all you need is a cotton pad. Skinetica should be applied to clean dry skin (i.e. without creams or make-up), and it has no side effects.



Simply apply to the affected areas using a cotton pad, thoroughly covering them and wetting them. Once applied, allow it to air dry naturally, which will only take a moment or two. You will not see any coating on your skin, or feel anything on it, but rest assured once the Skinetica is there, and air dried it will start working on your condition.

SKINETICA IS EQUALLY EFFECTIVE ON ANY SKIN AREA, FACE, CHEST OR BACK.

Having a routine makes for the best results A good routine is to use Skinetica as a toner at night after removing make-up, and again in the morning before applying make-up or moisturisers . Skinetica will work underneath your make-up during the day BUT please remember it will not work if you apply it on top of creams or make-up.

Always allow Skinetica to dry thoroughly before applying anything on top of it. If you do not use make-up or creams, just apply every 12 hours.

Unlike most acne treatments, Skinetica contains NO toxic chemicals and so has NO side effects on your skin. It is safe to use and non-allergenic.

It gently moisturises your skin, preventing drying, redness, and chapping, and it smells light and fresh.

MOST PEOPLE WILL SEE A CLEAR IMPROVEMENT WITHIN 2 DAYS.



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FOR MORE INFORMATION VISIT [WWW.SKINETICA.CO.UK](http://WWW.SKINETICA.CO.UK)

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