

HOW I HEALED MY (CYSTIC) ACNE ANTI- ACNE SKINCARE ROUTINE

EVERYDAY SELFCARE

#1

CLEANSER

SULFUR BASED SOAP

#3

HYDRATE

HYALURONIC ACID

#2

TREAT

DRMTLGY SERUM

#4

HORMONES

BLACK COHOSH

Additionally:
eliminate **sugar**,
eat more **protein**,
drink **tea** over coffee,
drink more **water**,
balance exercise with restoration,
be **sparing with chocolate**,
consider an anti-inflammatory
diet like **KETO** (heavy on the
plants, quality fats and protein
and low in dairy), and believe it or
not – consider therapy! Pent up
emotions can drive unhealthy
behaviors that result in
breakouts. All of these practices
get to the root of lasting, clear
skin!

HAVE QUESTIONS? CONTACT ME!
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CLEANSE

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#1

CLEANSE

SULFUR BASED SOAP

Sulfur works similarly to benzoyl peroxide and salicylic acid and helps to dry out the surface of the skin and absorb excess oil (sebum). It also dries out dead skin cells which helps to unclog pores. Sulfur removes the top layer of skin by drying it out and which allows it to peel more easily. The sloughing away of dead skin, keeps pores unblocked and allows new layers of skin to grow in its place. Sulfur also has antibacterial properties, which combat the presence of any lingering bacteria on the skin that may cause infections under the skin's surface.

#2

TREAT

DMTLGY SERUM - GLYCOLIC ACID +
BENZOYL PEROXIDE

Why glycolic acid:

the holy grail for exfoliation, glycolic acid removing the outermost layer of dead cells from the complexion, revealing brighter, fresher skin. Believe it or not, glycolic acid ranks on the same playing field for fighting acne as benzoyl peroxide and salicylic acid.

Why benzoyl peroxide:

The long and short of it is that BP works by reducing the amount of acne-causing bacteria and by causing the skin to dry and peel. It's an antimicrobial therefore it fights bacteria effectively. The difference between salicylic acid and benzoyl peroxide is that SA dissolves dirt, oil and dead skin layers that clog the pores while BP works by penetrating the pores and killing acne-causing bacteria with oxygen. I have had less success using SA and more using BP although BP alone never did the trick which is why I've put together this regimen.

Considering all of this skin shedding without a strong moisture barrier, your skin will dry out and be more susceptible to environmental aggressors - therefore using a moisturizer that helps to lock in hydration is key. I use Hyaluronic Acid:

#3

HYDRATE

HYALURONIC ACID

Most loved for its incredible water retention properties. Also known as hyaluronan, it's a clear, gooey substance that is naturally produced by your body. As skin ages, it becomes drier as its ability to retain water lessens, which results in loss of firmness and causes fine lines. Hyaluronic acid also speeds wound healing. What's it made of? "A natural and linear polymer composed of repeating disaccharide units of β -1, 3-N-acetyl glucosamine and β -1, 4-glucuronic acid with a molecular weight up to 6 million Daltons"...say that 3 times fast

HORMONES

BLACK COHOSH

Hormones control many aspects of our lives and some women's acne directly has to do with hormonal imbalance. Black cohosh is the The Hormone-Acne Connection, the balance between estrogen and progesterone gets wacky. This is especially noticeable right before menstruation- when estrogen levels plummet to give way to testosterone, one of the reasons why we get cranky and irritable. When testosterone levels prevail over estrogen/progesterone in women's bodies, that's when acne erupts. The body secretes oils that it just doesn't know what to do with. Cohosh contains "phyto-estrogens," or plant compounds that are thought to mimic estrogen. estrogen receptors are in some way affected by the plant's constituents, making the body respond as if responding to estrogen.

One of the other names for the plant was once "Black Snakeroot," the plant has a modernized use that emulates its "spirit animal" — for the skin. Like a snakeskin being shed, Black Cohosh is an herb that can be of immense help to certain individuals to put on a new skin, shed the old, and find a new-found sense of confidence and beauty in their appearance.