



SKINSPIRE
ESTHETICS

Acne Treatment FAQ's

Get professional acne treatments Professional acne treatments exfoliate the skin evenly and help home care products penetrate better.

Follow directions carefully – Don't overuse or under-use your home care. Ask for help if you need it.

Don't slack up on prescribed acne home care

Use sunscreen, reapply often throughout the day even when in the office.

Tell me about changes, in your skin, health, medical history, medications, lifestyle, home address, email address and phone number.

Stop picking, scratching, tweezing and skin tampering

Avoid all fragrance, including skin care, hair and body products, aromatherapy products, detergents, soaps, lotions and fabric softeners.

Get refills – or product upgrades before you run out.

Rub ice on inflamed areas to reduce inflammation

Drink more water, Drink at least half your bodyweight in ounces.