

“It's better to be looked over than overlooked.”

- Mae West

Adult Acne: 5 Steps to Get Control and Get Great Skin

I have been suffering from acne since I was 15 years old and now I'm almost 40. I now also have the thrill of dealing with the odd chin hair and wrinkles! How is this fair? I figure I should have at least ten years of “clear skin” before pre-menopausal issues kick in!! My 17 year old son and I share the same skin care products! Who would have thought!

When I tell clients that I am an acne sufferer, most people are quite surprised and they tell me I have beautiful skin. That's because I have figured out the exact right combination of products and treatments to deal with it.

1. EXFOLIATING CLEANSER AND TONER

Pick products with Glycolic or Salicylic acid in it to help dislodge dead skin cells and sludge. This debris must be cleared off of the skin on a regular basis whether you're 17 or 40.

2. BENZYL PEROXIDE

Apply all over at nighttime to decrease inflammation. This is my product of choice for skin that has all over breakouts. Some skin cannot tolerate this product since it can cause

redness and irritation. I recommend patch testing this product.

3. SALICYLIC ACID

Use this to spot treat trouble areas like the chin, nose, and forehead. We have a wonderful liquid form of this product that can be applied immediately before moisturizer and makeup, and can be applied several times throughout the day. Usually, this product can be used by even the most sensitive skin types and is a great alternative for those who cannot tolerate benzyl peroxide.

4. GLYCOLIC ACID OR RETINAL

Use all over at bedtime to help remove the old skin cells and even out the colour and the texture of the skin. This is a great habit to get

into for anyone over the age of 30 to keep the skin looking healthy. The strength of this routine needs to be discussed with a skincare professional.

starting on "physician strength" acne products, the skin can dry out. That means everything is working but it's

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important to achieve balance. Consultations are booked in our clinic so that you have someone to coach you through this process. If you want to speed up the results, then a series of chemical peels can be added. If your acne breakouts do not respond to this approach then you may need to add oral antibiotic or hormone therapy. I recommend you discuss this option with your physician.

Visit our website for more details on treatment and product options.

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Becky Wilkins R.N.,
Director of Operations
External Affairs Medical Spas



5. OIL FREE MOISTURIZER AND SUNSCREEN

Use whenever you're going outdoors.

Keeping the routine as simple as possible is important. Sometimes when

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