



Steps to Congestion Free Skin

1. Deep steam cleansing
2. Deep pore purging clay mask
3. Exfoliating**

V 1.1 Healing Congested, Acne-Prone Skin

	Define	1 Steam cleansing	2 Clay mask	3 Exfoliating
Severe congestion	10 or more bumps beneath the skin 20 or more acne lesions Large blackheads* or whiteheads	2 times per day- morning & night	1 time per day	2 times per day- morning & night
Moderate congestion	5-10 bumps beneath skin 5-15 or more acne lesions Medium sized blackheads* and whiteheads	2 times per day morning & night	1 time every other day	1 time per day- morning or night
Mild congestion	1-5 acne lesions 0-5 bumps No, or small blackheads* or whiteheads	1 time per day- morning or night	1-2 times per week	1 time, every other day
Maintain clear pores	Smooth, bump free skin No acne lesions No blackheads* or whiteheads	1 time, every other day	1 time per week	1-2 times per week

*Blackhead size is referenced to the size of your clear, congestion free pores. For example, a small blackhead is about the same size of your normal sized pores. Medium blackheads are 1.5-2 times the size of your clear pores. Large blackheads are 2-3 times the size of your clear pores.

**Exfoliating grade type- the degree to which the exfoliating material removes dead skin cells determines how often you should use the skin exfoliator. For example, a baking soda paste is a mild exfoliating agent. But aluminum crystals are a deep exfoliating agent and may only be needed once per week, depending on the state of your skin and the purpose of the exfoliation.



Monitoring Your Skin's Health

Custom Skin Care for Congestion-Free Skin

1. Define the state of your skin: severe, moderate or mild congestion
2. Decide how often you will need to use steam cleansing, a clay mask and exfoliating each week. Write these numbers on the chart for "Week 1"
3. Each of the following weeks, adjust the number of treatments you need as your skin becomes less congested

Define

What is the state of your skin now?

Number of bumps beneath your skin

Number of acne lesions

Size of blackheads (see note on page 1) large, medium, small

Treatment Frequencies

1

Steam cleansing

2

Clay mask

3

Exfoliating

Week 1

Week 2

Week 3

Week 4

