

## Acne & Breakouts

### Did You Know ...

- The early stages of clogged pores are hardly visible to the naked eye.
  - **Non-comedogenic** means a product has been clinically tested and proven not to cause comedones (or black-heads). **Non-acnegenic** means a product has been clinically tested and proven not to cause or aggravate acne.
  - Acne-prone areas can be irritated and aggravated by rubbing and friction from clothing, hair or sports equipment.
  - Even airborne grease from fast food environments can aggravate an acne condition.
  - The best rule for preventing further inflammation of a pimple is to **keep your hands off**.
  - Hormonal shifts can result in adult acne.
- Many prescribed medications for acne make the skin more sensitive to the sun. Should a dermatologist prescribe one of these medications for your acne condition, be sure to follow it with an SPF product. Consult your pharmacist for details.

*Refer to the **Sun Smarts Pamphlet** for more information.*



## Acne & Breakouts

Everyone suffers from the occasional breakout. Causes range from improper cleansing to hormonal influences on the skin, such as puberty, menstruation, pregnancy and menopause.

### The Root Cause

Oil is secreted through tiny pore openings. Dead skin cells inside the pore opening shed gradually and are expelled. The skin requires proper cleansing of excess oils. Clogged pores create the perfect breeding ground for **acne bacteria**.

### Ask Yourself:

*Do you notice or feel tiny bumps on your face?*

*Do you notice blackheads?*

If you answered “yes” to either of the questions above, you have a build-up of oil and impurities in your pores. Clogged pores can continue to develop and become inflamed, resulting in breakouts.

## Skin Care Products

Merle Norman Cosmetics offers a wide range of products to help maintain a healthy complexion.

Ask your Beauty Consultant for a personalized skin care consultation to address your special skin care needs.

For a fresh, clean feeling:

- **LUXIVA® Foaming Cleanser** and **LUXIVA® AHA Toner** leave the skin smooth and refreshed. Both are available for dry or oily skin types.

If sensitivity is a concern:

- **LUXIVA® Delicate Balance Calming Cleanser** and **LUXIVA® Delicate Balance Soothing Toner** calm and soothe the complexion.

For deep cleansing benefits, try:

- **MIRACOL® Revitalizing Cream**
- **MIRACOL® Revitalizing Lotion**

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Exfoliation helps to keep pores clog-free:

- **LUXIVA® AHA Intensive Complex** promotes a smooth complexion.
- **LUXIVA® Renew** is ideal for refining sensitive skin.

Hydration is important to maintain a healthy complexion:

- **LUXIVA® Shine Control Hydrator** provides moisture without clogging pores.
- **LUXIVA® Delicate Balance Moisturizer** hydrates, calms and soothes sensitive skin.

If oily breakthrough is a concern:

- **LUXIVA® Shine Control Lotion** offers mattifying benefits for maintaining a fresh appearance.

*If breakouts routinely become painful or severe, or if your skin does not experience the results you are seeking, please consult a dermatologist.*

*continued*