

LOVE your skin

Medical Intervention

1. They can offer a range of antibiotics.
2. The contraceptive pill for girls
3. A number of topical applications.
4. If your skin is very severe or you are very emotional roacutane can work but it should be your last option.

From our experience;

Antibiotics can work, but for a short time as your body will become resistant to the antibiotics. You can keep changing your antibiotic, but do beware antibiotics can upset your stomach.

The pill for women can help in many cases, but do know all you are doing is suppressing a hormonal imbalance, when you come off the pill the problems may reappear. So get some advice how to make your skin healthier as when you come off the pill or change it, your skin may not be as susceptible to breaking out.

Roacutane should be your last resort or if you are suffering from severe grade 5-6 acne that is causing scarring and affecting your daily life then roacutane is an option. Our advice is to look at a supplement called Accumax it is worth trying this first as the success rate is very high and has no side effects. www.accumax.com

Topical products. In the short term these products will work, but in the long term they are far too abrasive on the skin and will cause the skin to be more reactive and sensitive. In a nutshell, they will create a bigger problem.

*We follow a LESS IS MORE approach
Fiddling picking applying products and worrying
will only make things worse.
Leaving the skin alone is a better option*

All the 100's of products you can purchase for problem skin in the stores or via the internet will all work to begin with but many of them will stop working in the long term. In our experience long term usage of these products only cause more problems not only while you use them but later in life.

What category are you?

Pre-teen You have just started to see a few lumps and bumps under the skin and may be a few white or blackheads around the nose area. The trick at this stage is not to panic and not to rush to the chemist and buy every spot product on the shelves. Your cause is an influx of hormones. This change in your skin is normal and does not mean it will become acne. Come and visit us for a treatment or simply advice. We have products that can help with our *less is more policy*. We will also help you understand what your skin is doing and how best you should look after it.

Teenage If at this stage you have more red spots, more lumps under the skin we will need to work out the underlying cause. In many instances using the wrong products can exacerbate the problem. We have found changing your home care and taking the Accumax with some regular LED treatments works so well. Just beware if you have a predisposition you may still get the odd spot.

Women that have had long term problems this could have started from a teenage and the skin has never been that good. You may have been on the pill or tried antibiotics and used numerous products. This is a common problem and the cause is normally due to a hormonal imbalance at puberty and the skin becoming quite confused with everything that has been thrown at it. We can get the skin back on track and work out the cause and work with you to find the correct products and treatments you need.

Women never had a problem before and you have broken out suddenly. This will be what we call a blip more likely a hormonal dip or change. It could be due to pre or post Pregnancy, IVF, changing the pill, going on the mirena coil, moving house or moving country, plus a lot of other situations. This skin can be treated, but we may need to see if we can remove the cause or wait for the cause to go on its own.

Adult man Most men normally grow out of acne by the time they are 25 + if your skin is still playing up it is normal due to wrong products, it could also be due to a shaving problem and the spots could be more ingrown hairs. You will not need many treatments, but the important thing is to make sure you are looking after the skin. The way the skin would like to be treated

**Top Tip: LED Light therapy
will improve all problem skins**

Our take home message

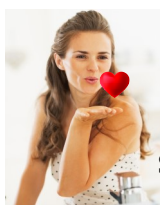
Tight dry skin does not mean it is clean it means it has been stripped of natural oils.

Black head on the nose are part of the make up of our skin, squeezing them will only make them worse.

If you look at your skin under a magnifying mirror, no one else will ever see what you see as we do not have magnifying eyes.

Stop looking at your skin in a magnifying mirror, all it accomplishes is to cause you to be upset about your skin.

Learn to look after your skin the way it would wish to be treated and learn to love your skin.

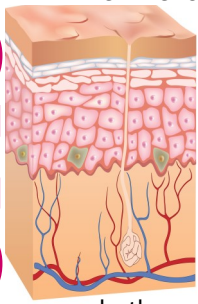


LOVE your skin

The skin is an organ that can express itself in a variety of ways. Knowing why your skin is not looking good is the beginning to improving it.

Your skin is a complex organ by simplifying things, expelling some misconceptions and giving you the true facts, will give you a grip on your problems.

even with spots.



When we look at the skin and see a problem it is normally a **Symptom** of an underlying **Cause**.

This cause will be a combination an internal or an external factor.

Internal Factors: hormones, diet or issues health

External Factors: topical products, the sun, picking the skin, the environment and others.

Predisposed: Problem skin is hereditary, if a family member has had acne, you will have a predisposition to this condition.

A combination of Internal and External factors will be the cause of your problems. Keep in mind you cannot control all the causes. The more you understand your skin, the easier it is to live with the symptoms you see .

Some misconceptions on problem skin

- * Spots are not only for pre teen or teenagers. We can get spots at any age..
- * Problem skin is not caused by oily unclean skin.
- * The bacteria on the skin is not the only reason we get spots.
- * An inflammatory response within the skin is more likely the reason.
- * Using too abrasive products like, scrubbing over cleaning or using a gel cleanser, will upset the skins barrier function this will cause an inflammatory response. Does your skin feel tight and dry after washing?
- * Certain foods are known to cause an inflammatory response in the body. Are you eating these foods?
- * Looking after your skin correctly will make the skin a better environment, thus making it harder for spots to accumulate.

We do not promise miracles do not give false hope or believe in fads or quick fixes

We will tell it to you as it is & work with you to change your skin

Going in the sun for a short time the sun can help a problem skin, but long time exposure will create the skin to produce more keratinocytes cells. Too many of these cells will cause a build up of excess keratinization. This will end up causing more spots.

My diet A poor diet can be a contributing factor, but it will not be the only cause. you need to look at internal as well as external factors

My hormones They do control your spots, especially in pre teen and teenagers but they are only one variable, an imbalance of your hormones will not be the only cause. As not all teenagers get spots.

Picking your spots (no matter your age)

Will cause a much greater problem.

Once you have picked a spot you break the skin. Broken skin, will become a scab. Scabs take a longer time to heal, they will leave a mark and made the skin susceptible to getting a second spot. So next time you are going to get a spot it will go to the same area. Squeezing black heads will only upset your skin and they will only come back.



- * It will as well prevent the spots from marking or leaving scars ,your spots will become less visible and eventually have less of them.
- * No two skins are the same, we all live very different lives, we all eat different food, we all treat our skin differently. You cannot treat all problem skins with a one size fits all attitude.
The skin is not bias, there is always a cause.

What can I do Come in and see us.

Book in for a treatment for 75mins. During this appointment we will talk to you about your skin that will enable us to work out a treatment for you. After the treatment we will talk over the options and a plan to help your skin for the future skin.