

Apply a even coat all over your face and neck, avoiding eyelids .

Your face should be white. If need be do mix more enzyme, especially if you want to take it down to your neck.



With wet hands massage the enzyme into the skin in circular motions and leave on the skin for 10-20 minutes.

Remove the enzyme gently with wet mitts until all the product is gone. Then apply your derma-viduals serum or cream.



After this treatment your skin will feel soft and look brighter.



### Our Top Tips to Looking After Your Skin

1. Stop looking in the mirror, especially anything that magnify (bin all magnifying mirrors no eyes will ever see your skin that close up and no skin looks perfect magnified. Having an out of site out of mind rule
2. Don't pick touch or fiddle with your face, it makes it worse
3. Less is more don't think the more product spot cream you apply will help. The skin doesn't want to be overloaded
4. Accumax has changed how we treat skins look at the result on [advancednutritionprogramme.com](http://advancednutritionprogramme.com). Before you go on antibiotics or even roaccutane, talk to us as we know our product work, so let us help you with your skin.
5. If you are seeing a dermatologist at the same time as seeing us. Can you please keep us informed of any new medication or if you have been advised to change your products.

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LONDON

# Understanding Your Skin

When your skin does not look good, be it one spot to twenty it can get you down.

We have spent many years first hand, treating this skin type

Unlike all the over the counter and even prescription products that treat the symptom, we get to find the underlying cause of your problem skin and elevate the symptom.

### **We look at long term solutions not quick fixes**

There are no miracle cures or miracle creams.

A spot is created by a complex process of your skin.

We must stress at this point there is nothing on the market that will

### ***STOP SPOTS.***

We aim to make the environment of your skin a healthier and happier one so your spots don't mark or blemish, your spots are less inflamed and black heads will shrink.

The aim is to prevent long term damage to your complexion.

*No two skins are the same.*

*That is why we have to understand your skin problems.*

*Then educate you in how to look after your own skin .*

## **Why using the correct cleanser is the most vital step to improving your skin.**

It is important to not feel you need to CLEAN your skin. The days of scrubbing, washing and thinking that spots or problem skin is only caused by an overabundance of bacteria or dirt is incorrect. Over washing the skin will upset the natural flora system (microbiome) thus causing a disturbance in your microbiome, this will lead to breakouts, spots and a red inflamed skin.

To put it bluntly, most over the counter products will make your skin problem worse.

How we look after the skin is using products that work with the skin, not against it.

To cleanse you can use either or sometimes both.

**Soothing Lotion or Cleansing Milk:** Do not upset the microbiome of the skin, but will remove the grease and grime of the day. They will help any inflammation and control your sebum levels, and keep the equilibrium of the microbiome.

**Recovery Serum** The most effective product for spot blemish or even scars.

**Enzyme Mask or Enzyme Sprinkle:** Will slough off any unwanted excess skin and prevent blackheads, white heads even spots. Your enzyme is instead of any scrubs or masks

**Hydrating Lotion:** Even if you feel your skin is oily you still need to protect the natural oils of the skin as they act as a protective barrier. This keeps the homeostasis of the skin happy.

**How To Cleanse** To achieve the best results we recommend giving the skin two cleanses but if you wear a lot of make up you may feel your skin needs an extra cleanse. The DMS Cleansing Milk is gentle enough for several c



leanses. We recommend you use the dermaviduals face mitts to aid in removing grease, grime, loose skin and heavy make up .

\_Squirt a 5p or 10p amount of DMS Cleansing Milk into the palm of your hand (hands should be damp not wet).



Step 1 . Massage the cleanser into the skin in circular motions to lift any make up or the grease and grime of the day. Rinse off with warm water for your first cleanse.



Repeat step 1 but this time wipe the facial mitts over the skin. This will remove any residue of make-up, wipe the face until all make up has been removed from your face.



Repeat steps 1-2 for a third cleanse if removing heavy makeup.

Your face mitts can be cleaned daily with a shampoo or hand washed and left to dry. Once a

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## How To Use The Soothing Lotion

This lotion will lift off the day's dirt, but will also regulate the sebum in your skin but will not upset the microbiome. Can be used as a stand alone cleanser.

You may not feel this is cleansing enough, but trust us it is.

Spray onto damp cotton wool and wipe over the face.

Repeat with clean cotton wool or until the cotton wool comes up clean. Use morning and night.

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## How To Use Your Hydration Lotion

Spray a couple of squirts on your hand and massage onto the skin.

If you feel you need more the let dry and re apply.

Can be used morning and night or as often as you feel the skin needs .

# The Purpose Of Using The Enzyme

As all things in life evolve, so has the way we treat the skin, scrubbing or feeling the need to have a clean skin is now known to be detrimental to the health of the skin. Using the enzyme skin renewal will slough off naturally the excess layer of any unwanted skin cells .

The Enzyme can be used in 2 ways.

Weekly as a mask that is left on for 10-20 minutes or 3-4 times a weeks as a quicker treatment. Whatever method you use they both aid in assisting the natural desquamation of the skin cells that need to be removed. Sloughing of these cells will result in smaller pores, an even skin colour and an increased receptivity of your skincare products. It will leave your skin bright, fresh and soft. The enzyme is an alternative to scrubs or other products that can be too harsh on the skin and it's natural oils.

## How to Use your Enzyme Sprinkle

Sprinkle a small amount of enzyme into damp hands add a couple of drops of water and mix in to your hands. Massage on to the face and leave on while you clean your teeth. Wipe off with your mitts and then you can apply your serum and cream. The enzyme sprinkle can be used 2/4 times a week or as advised by your skin therapist.



## How to Mix the Enzyme Sachet at Home

**The Enzyme Sachet** Is a weekly leave on mask, ideal for congestion, black heads and blocked pores or for skin's that suffer from a build up of excess keratinization, that can cause the skin to feel dry



**You have :** Enzyme Skin Renewal

Mixing pot

Mask Brush



**You will need:** Teaspoon and some water

Add a teaspoon of enzyme powder to your mixing pot.

Then add 1 /2 teaspoon of water to your powder so it becomes an easy to apply paste p.t.o