



The BodyTools BluePrint for Acne Prone Skin

About Acne

Acne is the most common skin disorder in the United States. Today, 17 million Americans suffer from Acne. This common skin disorder is characterized by blackheads, spots and pimples. The more severe forms have painful, blind cysts, inflammation and infection. Acne symptoms usually start in puberty when an increase in the sex hormone androgen occurs, affects more than 80% of adolescents, and lasts until the hormone activity settles down in the late teens or early twenties. Severe cases of Acne, however, can continue well into adulthood. Acne can also recur in later life when stress or other events, such as pregnancy which raises hormone levels.

Causes of Acne

One of the most common misconceptions about Acne is that it's caused by dirt. It's not! Acne most likely results from a combination of hormonal events and the interaction of skin oiliness, bacteria buildup, and blocked hair follicles. For years it was believed that diet was a major contributor to the development of Acne. More recently however, research-based medicine has downplayed diet as any sort of significant factor in Acne.

Acne Treatment

Acne treatments work by reducing skin oil (sebum) production, speeding up skin-cell turnover, and/or fighting bacterial infection. We recommend keeping to a simple skin care routine of twice daily face washing with a gentle face cleanser: Washing more often may actually aggravate Acne. (See Managing Your Acne Chart) Over the counter topicals include salicylic acid washes, Benzoyl Peroxide gels or products with Tea Tree Oil. Tea Tree Oil can have disinfecting properties that have been shown to be effective against the bacteria that cause blemishes.

Managing Your Acne

1. Don't over-wash. Since dirt is not causing your acne, habitual over-washing may actually stimulate extra oil production, which could result in more breakouts.
2. Skip harsh scrubs. It's okay to exfoliate, but be sure to use a gentle formula with small, smooth grains.
3. If you use a toner, avoid products with high concentrations of isopropyl alcohol, or common rubbing alcohol. Alcohol is a strong astringent and strips the top layer of your skin, causing your sebaceous glands to produce more oil. The result? Dry, red skin and possibly more blemishes.
4. Moderate exercise is good for your skin. Exercise helps you maintain a healthy body and manage your stress levels, too.
5. Don't squeeze or pick. Squeezing or picking your blemishes, with fingernails, pins or anything else, can force bacteria deeper into the skin, causing greater inflammation and infection. You'll also increase the damage to the surrounding skin, so the blemish is more likely to leave a permanent scar.
6. Fight Bacteria. Use a Benzoyl Peroxide gel or a product with at least 3% solution of Tea Tree Oil to kill the bacteria associated with blemishes.
7. The bacteria that causes breakouts is a normal resident of your skin; it doesn't lead to acne until it gets trapped inside the hair follicle. Excessive touching of your face, including rubbing or even resting your chin in your hands, can drive bacteria into your pores where it can begin its dirty work.
8. Style your hair with care. Most hair products are full of the ingredients we'd like to keep away from our skin: alcohol, adhesives and oils. So if you're prone to acne, use care when styling your hair. Cover your skin when you spray, and try to keep oils, mousses, gels and pomades away from the skin at the hairline. And don't use hair products when you exercise; perspiration from your scalp can carry styling products onto your skin, contributing to new breakouts.

BodyTools 
BLUE PRINTS



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ACNE PRONE SKIN

blue print

FOR ACNE PRONE SKIN

Daily Regimen

BodyTools Face and Body Wash Twice Per Day

8 oz black bottle, 16 oz pump bottle

- A gentle, water soluble face and body wash
- The combination of natural oils of Macadamia Nut, Jojoba, and Kukui Nut to soothe the skin
- With Vitamin's A and E to fight free radical damage

BodyTools Shave Cream Once Per Day

4 oz black tube, 6 oz jar, 16 oz pump bottle

- Gentle, water-soluble cleansers
- Glycerin, Lanolin, and Natural Oils moisten the skin and beard, reducing friction and irritation giving you a close shave
- Tea Tree Oil and Aloe soothe and heal your skin

BodyTools Skin Recovery Toner 1-2 Times Per Day

4 oz soft touch bottle

- Glycerin to help maintain the skin's natural balance
- Allantoin for its ant-irritant properties

BodyTools SPF 15 After Shave Repair and Protect- 1-2-3 Timer Per Day

4 oz black tube, 16 oz pump bottle

- A great moisturizer. Contains anti-inflammatory stabilized aspirin (Acetylsalicylic Acid) for alleviating redness, razor bumps and burn)
- BodyTools exclusive Anti-Oxidant PowerBlend™, a high concentration of Vitamins E and C, Retinyl Palmitate and Alpha Lipoic Acid that gives maximum protection from free radical damage
- A high concentration of Tea Tree Oil (3%) helps prevent Acne
- SPF 15 Formula for UVB protection with Avobenzene (Butyl Methoxydibenzoylmethane) for UVA protection. Prevents wrinkles, skin ageing and skin cancer

BodyTools BHA Deep Cleansing Lotion Once Per Day at Night

8 oz black bottle

- Exfoliates the skin's surface and inside the pore lining where clogged pores occur
- 2% Salicylic Acid -ph 3.4
- Chamomile as an anti-irritant anti-inflammatory
- Green Tea extracts

Occasional Use

BodyTools Deep Cleansing Mask Occasional Use at Night

4 oz black tube

- Natural Mineral Kaolin for it's absorbent properties
- Magnesium Hydroxide (the active ingredient in milk of magnesia) used for its unique absorbent, antibacterial and anti inflammatory properties

BodyTools Face and Body Scrub Occasional Use at Night

8 oz soft touch bottle

- Gentle, water soluble face and body scrub
- Natural and gentle exfoliators (jojoba beads) won't cut skin
- Jojoba Oil and Aloe Vera soothe and moisturize rough, dry skin



Daily Regimen

BodyTools Moisturizing Face Cleanser
Twice Per Day

BodyTools Shave Cream
Once Per Day

BodyTools Skin Recovery Toner
1-2 Times Per Day

BodyTools Repair and Protect
1-2-3 Times Per Day

BodyTools BHA Deep Cleansing Lotion
Once per day at night



Occasional Use

BodyTools Deep Cleansing Mask
Occasionally at Night

BodyTools Face and Body Scrub
Occasionally at Night