



**SHE GOT 99
PROBLEMS BUT
HER SKIN
AIN'T ONE**

EMME DIANE ACNE HOMECARE
SKIN CARE GUIDE

EMME DIANE

ACNE HOMECARE WEEK 1-2

MORNING ROUTINE: WEEKS 1-2

1. Cleanse: Massage a small amount of cleanser onto the skin, using your fingertips, for 30 to 60 seconds. (No skin brushes or buff puffs.) Rinse thoroughly with lukewarm water.

2. Ice: In a circular motion, roll an ice cube on inflamed breakouts for 1-2 minutes. This reduces the inflammation and allows acne products to penetrate better.

3. Toner: Spritz **Calm Down Toner** on a cotton round and gently wipe the face. You can also spritz your toner on your skin if you are feeling dry throughout the day or after makeup to set your foundation.

4. Moisturize: **Skin Quencher** and _____. Mix together a pea-sized amount of each in your hand and apply to your face/neck.

5. Sunscreen: Using dime-sized amount, apply to your entire face/neck. Re-apply when in direct sun or after swimming/perspiring. Apply EVERY morning whether you are going to be in the sun or not.

EVENING ROUTINE: WEEKS 1-2

1. Cleanser: (No skin brushes or wash cloths) Massage a small amount of cleanser onto the skin, using your fingertips, for 30 to 60 seconds. Rinse thoroughly with lukewarm water. Perform a second cleanse if you were wearing makeup. **Bonus Tip:** To remove face makeup, use Fragrance-Free Baby Wipes before cleansing. To remove eye makeup, use **Emme Diane Micellar Water**.

2. Ice: In a circular motion, roll an ice cube on inflamed breakouts for 1-2 minutes. This reduces the inflammation and allows acne products to penetrate better.

3. Toner: Spritz **Calm Down Toner** on a cotton round and gently wipe the face. You can also spritz your toner on your skin if you are feeling dry throughout the day or after makeup to set your foundation.

For the first two weeks, please alternate between Night #1 and Night #2 instructions below.

EVENING NO. 1

3. Clarifying Serum: Apply a pea-sized amount to clean, dry skin and massage in until all product has absorbed completely into the skin.

4. Skin Quencher Gel and _____
_____ : Mix together a pea-sized amount of each in your hand and apply to your face/neck.

EVENING NO. 2

3. Skin Quencher Gel: Apply a pea-sized amount of Skin Quencher to skin and massage in until dry.

4. Acne Eraser: Apply a dime-sized amount of Acne Eraser. Avoid the corners of the mouth, orbital eye area, smile lines, sensitive areas of the neck and all other over-dry areas. Do not apply HydraLight Lotion or HydraLuxe Cream on top of Acne Eraser.

After the first 2 weeks of following the instructions above, please begin the Week 3-4 Routine, UNLESS the skin is feeling excessively dry or irritated. If you are feeling too dry or irritated, please contact Emme Diane for further instructions at emme@emmediane.com.

ACNE HOMECARE WEEK 3-4

MORNING ROUTINE: WEEKS 3-4

- 1. Cleanse:** Massage a small amount of cleanser onto the skin, using your fingertips, for 30 to 60 seconds. (No skin brushes or buff puffs.) Rinse thoroughly with lukewarm water.
- 2. Ice:** In a circular motion, roll an ice cube on inflamed breakouts for 1-2 minutes. This reduces the inflammation and allows acne products to penetrate better.
- 3. Toner:** Spritz **Calm Down Toner** on a cotton round and gently wipe the face. You can also spritz your toner on your skin if you are feeling dry throughout the day or after makeup to set your foundation.
- 4. Clarifying Serum:** Apply a pea-sized amount to clean, dry skin and massage in until all product has absorbed completely into the skin.
- 5. Moisturize:** **Skin Quencher** and _____ . Mix together a pea-sized amount of each in your hand and apply to your face/neck.
- 6. Sunscreen:** Using dime-sized amount, apply to your entire face/neck. Re-apply when in direct sun or after swimming/perspiring. Apply EVERY morning whether you are going to be in the sun or not.

EVENING ROUTINE: WEEKS 3-4

- 1. Cleanser:** (No skin brushes or wash cloths) Massage a small amount of cleanser onto the skin, using your fingertips, for 30 to 60 seconds. Rinse thoroughly with lukewarm water. Perform a second cleanse if you were wearing makeup. **Bonus Tip:** To remove face makeup, use Fragrance-Free Baby Wipes before cleansing. To remove eye makeup, use **Emme Diane Micellar Water**.
- 2. Ice:** In a circular motion, roll an ice cube on inflamed breakouts for 1-2 minutes. This reduces the inflammation and allows acne med to penetrate better.
- 3. Toner:** Spritz **Calm Down Toner** on a cotton round and gently wipe the face. You can also spritz your toner on your skin if you are feeling dry throughout the day or after makeup to set your foundation.
- 4. Clarifying Serum:** Apply a pea-sized amount to clean, dry skin and massage in until all product has absorbed completely into the skin.
- 5. Skin Quencher Gel first, then Acne Eraser:** Apply a dime-sized amount to clean, non-irritated skin. Massage in. Avoid the corners of the mouth, orbital eye area, smile lines, sensitive areas of the neck and all other over-dry areas. **Do not apply your cream or lotion on top of Acne Eraser.**

After four weeks, most skin types will be progressively clearing. If your skin still has new breakouts forming (which is NOT unusual), please contact Emme Diane at emme@emmediane.com for further instructions. Please remember, it takes approximately 90 days to clear acne so remain consistent with home care and avoid all acne triggers.

ADDITIONAL TIPS

TO HELP YOUR SKIN ACCLIMATE AND GET CLEAR

The Active Products Can Be Irritating/Drying

This is NORMAL. During the initial weeks, you will experience some dryness, redness, itching, flaking, tightness or mild peeling. This is temporary and will subside as your skin adapts to the product. Try to bear with some peeling/flakiness as it will eventually go away; but if you get “uncomfortably dry,” please let us know.

If you get too dry

Do not skip a night of the **Acne Eraser**. Instead, after cleansing apply the **Acne Eraser** to the skin for 15-60 minutes, then wash it off with your cleanser, use your toner, apply your moisturizer and then apply a thin layer of Vaseline 100% Petroleum Jelly. This will rehydrate your skin quickly and get you back on track to wearing the Acne Eraser all night long again.

If you workout or sweat during the day

You will need to do your skin care regimen 3 times a day: morning routine in the morning, morning routine after sweating or working out, evening routine in the evening. It is imperative that you wash your face as quickly as possible after working out (15 minutes max!) as the sweat is a huge irritant and trigger to breakouts. It is a great idea to pack a little travel kit for your gym bag. In a pinch, you can use Fragrance-Free Baby Wipes (Kirkland/Costco brand is best!) to wipe your face down if it isn't possible to use a sink to properly cleanse. However, be sure to properly cleanse as soon as possible after using the wipes.

Acne Eraser Will Bleach Fabric

Acne Eraser will bleach fabric. If you are applying to body acne, we suggest wearing a white shirt or T-shirt. Use white pillowcases when you start wearing it overnight. Also, use a white washcloth when removing from your skin. Make sure and wash your hands with soap after using it to avoid bleaching towels or clothes.

Be sure to avoid the eye and neck area with your **Clarifying Serum and Acne Eraser** as it will dry and irritate the skin.

You MUST use your homecare religiously! If you skip your day or night routine, or post workout, it gives acne a opportunity to form (so you can expect to have a breakout for a few days or even weeks after skipping your homecare.) You will never get clear if you skip your homecare.

#EMMETIPS

After working out wash your face as quickly as possible after working out (15 minutes max!)

Always wear sunscreen whether in the sun or not!



Have questions or need advice? We'd love to help. Send us a note at emme@emmediane.com.
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