

# HOME CARE GUIDELINES FOR POST ACNE / DEHYDRATED SKIN

**AM**



**1**

Cleanse & massage with **Healing Milk Cleanser** & rinse thoroughly



**2**

Spray **i4 Medical Mist** & allow the product to dry naturally

**3**

Press 1-2 drops of **Power Fill & Quench** all over the face



**5**

Apply a thin layer of **Sun Care SPF 50** to your face, neck & exposed areas. Re-apply if you are outdoors!



**4**

Apply a thin layer of **Moisture Balance** over the entire face & neck



**PM**

**1**

Cleanse & massage with **Healing Milk Cleanser** & rinse thoroughly



\*Double cleanse if you wear full or water-proof make-up

**2**

Spray **i4 Medical Mist** & allow the product to dry naturally



**3**

Spot treat any breakouts or visible pimples with **Pimples Be Gone**



**+**

Boost the skin with **Gloss Peeling Pads** and/or **Multi Activ Marine Mask** twice a week



**4**

Apply a thin layer of **Tri-Retinoid Cream** (TITRATE!) over the entire face and neck



## RECOMMENDED IN CLINIC PROTOCOL bi-weekly with:



Micro-Needling With FUSION



Spongilla Spicules With FUSION



MedJet With FUSION



Boosted with TransSystem Peels + Masks

## RECOMMENDED SUPPLEMENTS

The focus here is rebuild skin health whilst managing moisture levels after post acne treatments

### ESSENTIALS

Gut Month Protocol  
Bio-Specific Amino Blend Skin

### ADD ONs

Ultra Clear  
Ultra Lymph

Inflammation Base Powder  
Omega 3