**Acne Treatment Protocols- weekly treatment**

When treating acne, perform an acne client intake form and complete consultation first. When treating acneic skin do not exfoliate on acne at all. Do not massage on acne. Do not perform a facial or an acne facial. The only thing that is acceptable is contrast hydrotherapy compressions. Do not extract on papules, leave blackheads for later, only pustules can be lanceted and extracted. Do not try extract papules and blackheads. This makes acne worse. Do not exfoliate, dermaplane, microdermabrasion, manually exfoliation or brush machine or massage while there is active acne present on the face.

If skin is also hyperpigmented they should be retailed a hyperpigmentation serum at the first treatment with sun block that must be used daily. If you have indicated that the client has a hormonal imbalance- that is of estrogen dominance, suggest to the client to start taking DIM (please only suggest this item if the client sheet indicates it.)

If acne is not clear repeat the above steps in week two. Please support the client and remind them not to pick the skin or it will not heal, and the treatments are worthless if they do. Remind them that picking is a sole contributor to ice pick scarring. Make sure acne is clear before going forward with other treatments to resolve oiliness and ice pick scarring such at microdermabrasion and chemical peeling with a physical sunblock that must be used daily. At the first appointment, take the client in the bathroom or a space in your facility that has a mirror and a ledge to hold products- walk them through the routine that they will do on their face twice a day. Put the products in their hands and show them what to do. Homecare is a crucial part of the acne treatment plan.

**Acne Treatment Clinic Protocol**

***Week One***

1. Take a picture.
2. Under steam with ozone O3 through entire cleansing (If the skin can handle it)
3. Cleanse the skin twice with an active gel cleanser.
4. Use high frequency w/ argon gas as this is the best gas for acneic skin, Spark each lesion.
5. Use contrast hydrotherapy compressions, doing as many rotations lasting for up to 3- 5 minutes.
6. Tone or cool steam. Or cool towels or cool stones or high frequency to close the procedure.
7. Use serums to restore skin if you sold client hyperpigmentation serum use it in the routine as well. Add serums and gels, remember: Products should be applied from the thinnest to the thickest.
8. Re-book the client for one week. Client should be seen in weekly visits throughout the treatment.

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**Homecare/Acne kit:**

* Balancing cleanser for very oily skin – check for aspirin sensitivity
* AHA BHA for somewhat oily or T-zone oily-ness- check for aspirin and /or lactose sensitivity
* A3 pads to control oiliness – check for aspirin sensitivity
* Brightening & lightening cream serum to fade hyperpigmentation- check for mushroom and/or lactose sensitivity
* Silver Balancing Mist – to neutralize bacteria-contains metal – check for metal allergies
* Hyaluronic acid- to raise hydration levels- wheat source- check for gluten sensitivity – allow to dry for a few seconds
* Hydrate- pomegranate source- check for allergy to pomegranates
* Vitamin C Boost
* Sun block -optional only necessary when advanced exfoliation procedures are performed, or client will intake large amounts of sun

*Always take the client to the mirror after all treatments and allow them to put on their own creams and serums and explain what to do and why they are using it, because acne clients need new habits, and they need to know why you are using it.*

***Week Two***

1. 1.Take a Photo.
2. Cleanse twice while steaming w/ozone if the skin can tolerate it.
3. **If the skin is clear**- Ultrasonic spatula for deep cleansing the skin.
4. **If skin is clear** with skin rejuvenating oil, use vacuum suction gently on the face in a downward movement.
5. Mask with a Detox drawing clay.
6. **If skin is clear** and it is needed, perform extractions
7. Use serums and mists to restore skin if you sold client hyperpigmentation serum use it in the routine as well. Add serums and gels, remember: Products should be applied from the thinnest to the thickest.
8. Hydrate with Hydrate and or Hyaluronic Acid.
9. Protect with a physical sun brock at least 15.
10. Take another picture.
11. Rebook client in 1 week. Retail serums and other necessary items to focus on skin issues.

When acne is completely clear, it is okay to move forward with healing other post-inflammatory issues associated with acne, such a s thinking hyperpigmentation and scarring.

***Week Three-Six***

If the skin is still severely oily and has ice pick scarring do a series of chemical peels as the manufacturer suggests (Usually done in intervals of four while the client continues homecare). If the client is extremely oily, preform Balancing Peel Series. If the skin has combination skin, use a Revive peel series, If the skin is experiencing ultra-sensitivity perform Hydro-Calm peel series. Keep in mind, client’s ingredient sensitivities and be sure to perform a client consultation to be aware of the indications and contraindications for treatment.

***Week Seven-Ten***

If you have cleared the skin completely but the skin still has ice pick scarring. Use the diamond peel resurfacing treatment while the client continues homecare. Or Do a series of four microdermabrasion treatments on a class 1 machine while the client continues homecare