

clinically
pH 5.5
tested
seba med[®]

CLEAR FACE

**GET INTO THE PICTURE AND SMILE
– NO MORE PIMPLES!**



Acne Care Guide

sebamed. Science for healthy skin



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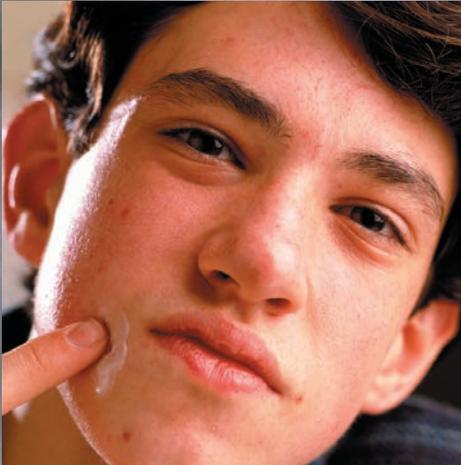
“OH NO! A SPOT! JUST BEFORE THIS WEEKEND’S DATE...!”

Pimples don't seem fair. You probably feel like lots of other people aren't getting them, but you do. And then they often appear just before the day when you have something important happening and want to look your best.

Acne is an annoying skin condition and can be really upsetting. When you have a break-out, you may feel uncomfortable, and as if everybody is looking at you. Parents might tell you not to worry, and that your spots will disappear over time. But you do not want to wait around, until you grow out of them! The good news is, if you want to get better right now – acne and spots are treatable.

Although we also have to say, that there is no magic formula that works overnight. However, with a little disciplined persistence, and the correct skin care you can solve the problem, so don't worry!

Find out how to get rid of acne on the following pages...



WHAT ACTUALLY DOES CAUSE PIMPLES?

First of all, be assured that acne is an extremely common skin problem. You share it with 80% of all young people, who suffer from acne in one form or another.

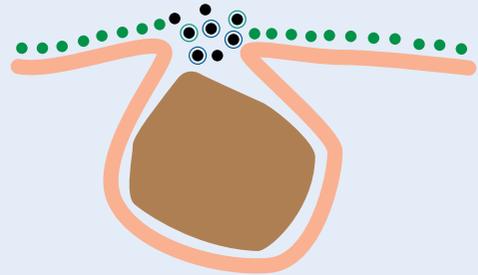
But how do pimples occur? The site of the trouble are the sebaceous glands in your skin. The highest concentration of these organs can be found in the face, the décolleté and the shoulder. The glands produce sebum, which are special fats, that smooth and protect your skin.

At the start of puberty, a lot of hormones get released into your body. Particularly androgens (male hormones, which are present in both males and females) stimulate increased sebum production and interfere with the normal shedding of skin cells.

When the opening of one of these sebaceous glands gets blocked (e.g. by dirt or clumped-together skin cells), the sebum accumulates inside and forms a so-called whitehead, which develops into a blackhead when oxygen in the air darkens its constituents.

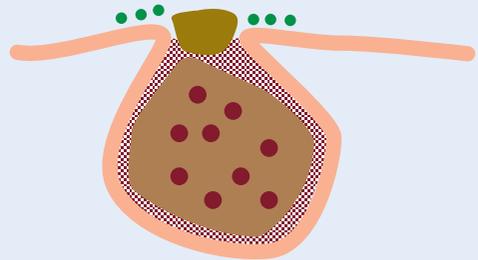
Certain skin bacteria (*Propionibacterium acnes*) proliferate in blackheads. Then the sebaceous gland gets inflamed, swells and pus is developed. And there you have it: a pimple!

Blackhead



●● Clear Face cleansing effect
blackhead being washed away

Pimple=Formation of pus in the pore



Pus
growing acne bacteria



HOW CAN I GET RID OF PIMPLES?

At the moment, this must be the most important question for you, right? The treatment of pimples is somewhat tricky. Contrary to what the advertising industry promises, you cannot expect acne to cure overnight. So have a little patience, because it is important that you treat your skin over a period of time to improve your complexion.

An essential role for your skin's health is played by the protective acid mantle of the skin, which has a pH value of 5.5. This is your skin's natural barrier against harmful environmental influences and germs. The pH value of 5.5 is slightly acidic and has the effect that noxious bacteria cannot multiply on the skin, hence protecting you from infections.



pH is the value of acid or alkali measured on a scale of 1-14. pH 7 being neutral. Lower numbers are increasingly acidic, higher numbers are increasingly alkaline. Note: Healthy skin has a slightly acidic pH value of 5.5.

Why is this important when you want to stop pimples from occurring?

For the cleansing and care of acne-prone skin dermatologists recommend using soap-free cleansers and skin care products that have the same pH value of healthy skin. By treating your skin with these products you stabilize the barrier function of the acid mantle and protect against acne-causing bacteria (*Propionibacterium acnes*).

So pimples simply do not have a chance anymore!

THE 4 STEP PROGRAM

You want to clear up pimples and blackheads and keep it that way?

Then follow the four steps of our skin care program mornings and evenings.

The Clear Face products are all formulated with the natural pH value of 5.5 of healthy skin and active ingredients that combat pimples, blackheads and skin impurities.

Step 1: Cleansing



Step 2: Toning



Step 3: Care



Step 4: Combat Inflammation



THE 4 STEP PROGRAM

Step 1: Cleansing

The first and most important step on your path to clear skin is thorough cleansing.

Clear Face gives you a choice with two different approaches to cleansing.

CLEAR FACE CLEANSING BAR

Clear Face Cleansing Bar acts effectively against pimples and blackheads. The soap and alkali-free formulation cleanses deep and gently into your pores. The Cleansing Bar strengthens the skin's acid mantle. It protects biologically against acne bacteria and thus prevents the formation of new pimples. At the same time, vitamins and active moisturizers provide care, leaving your skin soft and smooth. Well suited for skin cleansing in mild forms of acne, i.e. when you have many blackheads and whiteheads and only few inflamed pimples.

How to use: Use Clear Face Cleansing Bar mornings and evenings. Apply to wet skin by rubbing it 3-5 times between your wet hands or a facecloth. Work in till foam develops and rinse off thoroughly.

CLEAR FACE ANTIBACTERIAL CLEANSING FOAM

Intensive cleansing with the antibacterial ingredient Montalene C40. The mild soap and alkali-free wash active ingredient ensures good skin tolerability and cleanses gently and pore-deep without drying your skin. The formula effectively counteracts pimples and blackheads by killing acne-causing bacteria within 5 minutes. Panthenol soothes and regenerates your skin.

Especially recommended for skin cleansing in forms of acne with many inflamed pimples.

How to use: Use Clear Face Antibacterial Cleansing Foam mornings and evenings. Dispense a small amount of foam into the palm of your hand and massage gently into the skin. It is important that you leave the foam on for 5 minutes to ensure that it penetrates your skin and effectively destroys the bacteria. Then rinse off thoroughly.

Not sure which cleanser is right for you? See the section "What products are best for me?" to find out which product suits your skin type best.



THE 4 STEP PROGRAM

Step 2: Toning

Toning is the next step towards really clean skin. After cleansing, the toner will remove the last traces of sebum, oil and dirt from your pores.

CLEAR FACE DEEP CLEANSING FACIAL TONER

The toner gently deep-cleanses your skin removing excess sebum, oil and dirt particles. Furthermore, its anti-bacterial action impedes acne-causing bacteria and prevents the formation of new pimples. At the same time, the skin care ingredients hamamelis, cucumber extract and hydrolysed silk moisturize and calm your skin, leaving it smooth, supple and with finer pores. Especially recommended for oily skin needing extra help after the cleansing process to remove excessive oil. Best suited for the use on the problematic T-zone (i.e. forehead, nose and chin).

How to use: Use Clear Face Deep Cleansing Facial Toner once a day (morning). Depending on the size of the area treated, apply 5-10 drops on a cotton pad and rub gently over the skin of the T-zone. If necessary, you can use the toner also in the evening.



Step 3: Care

After the cleansing process, it is important to take good care of your skin. Even though acne-prone skin produces too much sebum, it is often very sensitive: dry, tense, rough and flaky. Many of the creams and lotions available in stores contain fats and emulsifiers which can induce pimples. Therefore, be sure to use only oil- and emulsifier-free skin care products for the specific needs of your skin.

CLEAR FACE CARE GEL

Clear Face Care Gel is a mild gel especially formulated for sensitised, acne-prone skin which inhibits the increase of acne bacteria biologically. The active moisturizing ingredients hyaluronic acid and aloe vera balance the moisture content of the skin, while allantoin and panthenol smooth, cool and calm the skin. Clear Face Care Gel is free from oils, emulsifiers and colorants. Well suited for all types of acne-prone skin.

How to use: Use Clear Face Care Gel mornings and evenings after cleansing and toning. Apply the gel thinly on your skin and wait for it to be completely absorbed before continuing your skin care routine.



THE 4 STEP PROGRAM

Step 4: Combat Inflammation

In the case of a break-out, you do not want spots to be obvious from a far. You will need the flare-up to be calmed, camouflaged and for it to heal quickly. Clear Face offers you two possibilities of “emergency” on-the-spot treatment for fast relief and concealment.

CLEAR FACE ANTI-PIMPLE GEL

The antibacterial ingredients of Clear Face Anti-Pimple Gel give quick support in drying out infected pimples and reducing inflammation. At the same time, active skin care agents such as panthenol and allantoin regenerate your skin. Acne lesions heal markedly faster. Clear Face Anti-Pimple Gel is free from oils and emulsifiers. Especially developed for direct treatment of inflamed pimples and problem zones.

How to use: Depending on the size of the inflammation, apply a small to medium droplet directly and exclusively on the infected pimple up to three times a day (morning, midday and evening).

Note: If you are under acne drug treatment and apply local acne drugs to your skin, you should not use Clear Face Anti-Pimple Gel directly afterwards. Please, consult your doctor, if you may use the gel in-between the drug applications as a therapy supportive treatment.

CLEAR FACE COLOURED ANTI-PIMPLE CREAM

Clear Face Coloured Anti-Pimple Cream covers up the redness caused by inflammation and combats bacteria at the same time. It dries out pimples and prevents the formation of new ones. In addition, the active skin care ingredients panthenol, sheabutter and squalane give the sensitised skin the moisture and care it needs.

Especially developed for direct treatment and concealment of inflamed pimples and problem zones.

How to use: Apply directly onto the infected pimple with the applicator ball. Use the tip of your finger only on the outer edge to spread the cream on the surrounding skin to blend and conceal without a visible contour.



WHAT PRODUCTS ARE BEST FOR ME?

Every skin type has its own specific needs which you have to take into account to find out the products that suit you best. Therefore, it is essential to know your skin type. The information below helps you to personalise your skin care program.

OILY SKIN

Oily skin produces too much oily sebum.

You have oily skin when:

- Your face looks shiny
- Your skin feels greasy
- Your pores are large
- You are prone to pimples, blackheads and whiteheads

NORMAL SKIN

This is the ideal skin type. Normal skin is smooth, soft and has a silky sheen. Its barrier function and acid mantle are intact.

You have normal skin when:

- Your face does not look shiny or greasy and does not feel tight
- Your pores are small and fine
- You have good blood circulation

DRY SKIN

Skin becomes dry when the top layers lose moisture and natural oils. Its barrier function is damaged and it is sensitive.

You have dry skin when:

- Your skin feels tight, especially after washing
- Your face looks dull, flaky or rough
- Your skin feels itchy
- Your pores are not very visible

This skin type can be prone to acne as well (e.g. adult acne). Besides, dry skin can be caused by medication when you follow a drug treatment to cure your acne.

COMBINATION SKIN

The mixed skin type is a combination of some areas of oily skin and others of dry or normal skin.

You have combination skin when:

- Your T-zone (forehead, nose and chin) looks shiny, greasy and is prone to pimples and blackheads
- Other areas such as your cheeks feel tight after washing
- These areas also look dull, flaky or rough

When to contact your doctor:

If you have numerous blackheads and inflamed pimples and cannot reduce them within 2 to 3 months through the use of cosmetic skin care products, your acne is more severe and requires the professional consultation of a physician or dermatologist. There are many effective and tolerable prescriptive drugs for the treatment of acne. Discuss with your doctor the use of Clear Face as your basic skin care during treatment – it will give your skin the extra support it needs to regain balance.

WHAT CLEAR FACE PRODUCTS ARE SUITABLE FOR WHAT TYPE OF SKIN?

		STEP 1: CLEANSING		STEP 2: TONING	STEP 3: CARE	STEP 4: COMBAT INFLAMMATION	
SKIN TYPE	TYPE OF ACNE LESIONS	Clear Face Cleansing Bar	Clear Face Antibacterial Cleansing Foam	Clear Face Deep Cleansing Facial Toner	Clear Face Care Gel	Clear Face Anti-Pimple Gel	Clear Face Coloured Anti-Pimple Cream
							
OILY SKIN	Mainly blackheads	x		x	x	x	x As needed
	Pimples and blackheads		x	x	x	x	x As needed
COMBI-NATION SKIN	Mainly blackheads	x		x Oily areas only	x	x	x As needed
	Pimples and blackheads		x	x Oily areas only	x	x	x As needed
DRY SKIN/ ADULT ACNE/ ACNE MEDI-CATION	Mainly blackheads	x			x	x	x As needed
	Pimples and blackheads		x		x	x	x As needed

The Medicinal Skin Care System

FREQUENTLY ASKED QUESTIONS

What's the difference between the cleansing bar and the foam? Which one should I use?

The Clear Face Cleansing Bar is best suited for cleansing in mild forms of acne (many blackheads or whiteheads and only few inflamed pimples) and for cleansing of normal skin if you want to prevent the formation of pimples.

The Clear Face Antibacterial Cleansing Foam is especially recommended for the cleansing of acne skin with many inflamed pimples. In this case, you should start your cleansing program with the use of the Clear Face Antibacterial Cleansing Foam both in the morning and evening. When the inflamed pimples are reduced, you can switch to using the Clear Face Cleansing Bar, alternating with the Clear Face Antibacterial Cleansing Foam.

If you apply make-up, we recommend using the Clear Face Antibacterial Cleansing Foam in the morning and the Clear Face Cleansing Bar in the evening, because the latter removes make-up better.

Why is pH 5.5 good for my skin problem?

The adjustment of the cleansing products to the pH 5.5 avoids the swelling of the skin during the washing process (unlike soap or even pH-neutral cleansing agents). This makes the pores very accessible to the wash active agent and allows pore-deep cleansing. The number of acne-causing bacteria is markedly reduced and hence, new pimples cannot form. The other products of the Clear Face range also have a pH value of 5.5 and support the anti-acne effect throughout the whole skin care program. In addition, the Clear Face Antibacterial Cleansing Foam, the Clear Face Deep Cleansing Toner and the Clear Face Anti-Pimple Gel have special antibacterial ingredients which act specifically against the inflammations.

What is Montaline C40 and how does it work?

Montaline C40 is the patented antibacterial ingredient in the Clear Face Antibacterial Cleansing Foam. This coconut

oil derivative produces a soft and fine foam which cleanses pore-deep and kills the bacteria within 5 minutes. At the same time, the foam is conditioning your skin and providing a hydrating effect.

Do I really have to leave the cleansing foam on for 5 minutes?

Clear Face Antibacterial Cleansing Foam reduces the number of bacteria very efficiently: 100,000 bacteria are eliminated within 5 minutes. It is important that the foam remains on your skin for 5 minutes to ensure maximum effectiveness, i.e. that all bacteria are killed off. The simplest is to integrate this measure into your daily routine: Apply the foam on your face and let it penetrate while you take your shower for example or while you brush your teeth. It will not bother you and by the time you have finished, you are ready to rinse it off again.

What is the toner actually good for? It contains alcohol, isn't that bad for my skin?

You should use the Clear Face Deep Cleansing Toner when your skin is quite oily and the cleansing with the Clear Face Cleansing Bar or the Clear Face Antibacterial Cleansing Foam has not removed all of the excessive oil from your skin. It is especially suited for the use on the so-called T-zone (your forehead, nose and chin).

If you are living in a big city, a lot more dirt particles deposit on your skin due to the high level of pollution. In that case, you should inverse the order and use the Clear Face Deep Cleansing Toner first to remove all traces of dirt and oil in order to prepare your skin for pore-deep cleansing. After that proceed with the Clear Face Cleansing Bar or the Clear Face Anti-bacterial Cleansing Foam.

Although the formula of the toner contains alcohol (which is necessary to remove excessive sebum and to disinfect your skin), its additional skin care ingredients such as hamamelis, cucumber extract and hydrolysed silk prevent your skin from drying out and provide the care it needs.

I have flare-ups, but my skin is easily irritated and often feels very tight. What kind of skin care do you recommend?

You have dry and sensitised skin. The products of the Clear Face range improve your skin condition with the pH value of 5.5. They strengthen the barrier function of your skin against dehydration and irritants and therefore alleviate the symptoms of dry skin. Cleanse your skin with the Clear Face Antibacterial Cleansing Foam, which is best suited for your type of skin, as it has a stronger hydration effect. But only leave it on your skin for up to 3 minutes instead of 5 to avoid any possible irritation. You should not use the Clear Face Deep Cleansing Toner because your skin is not oily and it might have a slightly irritating effect.

Follow with the Clear Face Care Gel, which provides your skin with a large amount of moisture. If you have inflamed pimples, you should use the Clear Face Anti-Pimple Gel or the Clear Face Coloured Anti-Pimple Cream to combat them locally.

Will a pimple go away faster the more often I treat it with anti-pimple gel?

The Clear Face Anti-Pimple Gel can be used several times a day, but the maximum effect is achieved already with two to three applications per day. Use it directly on the inflamed pimple without spreading it onto the surrounding skin. Chloroxylenol, the antibacterial agent in its formula, will act locally on your pimple reducing the inflammation. At the same time, the skin care additives panthenol and allantoin provide a soothing, anti-irritating effect.

I get break-outs on my body. Can I use my face products to treat spots on my chest and back?

Yes, you can. Acne on your body occurs for the same reasons as acne on your face. Pimples form in areas where the sebaceous glands are most abundant: such as your face, chest and back. The active ingredients that combat pimples and blackheads on your face will also be effective on your body break-outs.

What can a guy do when he needs to cover up a spot?

Try Clear Face Coloured Anti-Pimple Cream. This product contains colour pigments that will conceal the redness of your pimple, but it is not makeup. At the same time it dries out the pimple and effectively prevents new ones.

Why do I still get whiteheads even though I use Clear Face?

Whiteheads cannot be successfully treated in a short period of time. Have a little patience, as it takes several weeks to reduce their number. For drug therapy and cosmetic treatment (e.g. Clear Face) alike, it will take the longest for the whiteheads to be reduced.

What if my acne doesn't go away?

If your skin problem persists even though you have cleansed and cared for your skin correctly over a period of time, you should consult your dermatologist. You may need a medical therapy to clear up the inflammations. Additionally, after consulting your doctor you can continue to use the Clear Face products in order to support the drug treatment prescribed by him.



DAILY LIFESTYLE TIPS FOR HEALTHY SKIN

Here are some additional tips which you can follow in your daily life. They will help you to achieve and keep your skin clear making it healthy and beautiful.

→ **No excessive hygiene**

Daily cleansing is important for your complexion, but you should not overdo it. It is not so much how often you wash yourself, but what you wash yourself with. Twice a day, mornings and evenings, is really sufficient. More often stresses and irritates your skin.

→ **No soap for cleansing**

You should not use any type of soap or even pH-neutral cleansers to wash your face. Soap and pH-neutral cleansers erode the acid mantle of the skin, which makes your skin condition only worse. By using the soap-free Clear Face Cleansing Bar or Clear Face Antibacterial Cleansing Foam you strengthen the natural protective function of the acid mantle of the skin, which results in counteracting the formation of pimples.

→ **Hands off those pimples!**

You should under no circumstances pick on pimples or try to squeeze them out. This can damage the lining of the pore and even more bacteria can enter your skin, causing more inflammation and damage to it. Even when it is difficult, resist your urge and don't touch those pimples!

→ **Use only oil- and emulsifier-free skin care**

Many creams and lotions available in stores contain oils and emulsifiers which may induce blackheads. Therefore, you should ensure to use only products which are oil- and emulsifier-free like the Clear Face Care Gel to take care of the specific needs of your skin.

→ **Fresh food for a fresh complexion**

The right food can really work wonders for acne-prone skin. Of course, a piece of chocolate now and then will cause your skin no harm. But maintaining a healthy diet with fresh fruit and veggies, which provide little fat and large amounts of roughage to your body, will help keep your skin looking and feeling its best. So you should ensure to eat right and drink plenty of water each day.

→ **Exercise and fresh air**

Sports and fresh air are not only fun, they also stimulate your circulation and your metabolism which are keys for beautiful, healthy skin.

→ **Wear sun protection**

Sunshine does not clear up spots, it actually can stimulate the sebum production which may lead to pimples. It can also do the exact opposite: dry and irritate your skin. So before you head outside, practice sun protection and apply oil-free sunscreen to your skin.

→ **Relax!**

You should try to avoid stress whenever possible (although this is easier said than done). Stress causes the release of a load of chemicals into the brain that can also make the sebaceous glands produce more oil and induce pimples. You should also remember to get enough sleep. This is the best way to help your skin regenerate overnight.

Do you have any more questions concerning the correct care of acne-prone skin?

For more information, we meet you in the web.

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(medical advisor)**

Internet: www.sebamed.com

If you have any further questions, we meet you in the web:
www.sebamed.com

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