



# CLINICAL SKINCARE REGIMEN FOR ACNE

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Dr. Charlene DeHaven is board-certified in Internal Medicine. Over the past 19 years, her professional activities have focused on improvements in skin aging and development of scientifically based skincare products. Dr. DeHaven has extensive media experience and has published and lectured worldwide on wellness, skin health and age management.

The most common skin problem seen by skin care professionals is acne. At any given time, seventeen (17) million Americans suffer from it. Acne is especially common in the teenage years, when eighty (80) to ninety (90) percent of teens have at least one acne lesion. It can be considered the most debilitating during the teenage years as it affects individuals so much that their future incomes, relationships, emotional health and ability to navigate successfully through life suffers. Some people never recover from having acne. Although the facial lesions may have disappeared long ago, they may still be seen on the face in the mirror.

For both males and females, acne is caused by too many androgen hormones. Acne tends to be more severe in men as they have more androgens overall, peaking during their teenage years along with the androgen spike during puberty. Hormonal changes in women are more complex and women may develop acne as teens, as a cyclic occurrence with menses, with use of birth control medicines or

during the time around menopause. Comedones result when pilosebaceous units (hair follicle and sebaceous gland) become plugged with excess sebum and may consist of whiteheads and blackheads, more severe papules, pustules or cystic lesions.

Most treatments target the secondary effects of increasing androgen levels and include supporting the normal desquamation process, controlling sebum production, limiting inflammation and preventing or treating bacterial overgrowth.

A complete **iS CLINICAL** regimen for healthy skin - **CLEANSE, TREAT, HYDRATE, PROTECT** – is also perfect for treating acne and includes products that best address the above processes. For best results, this at home routine can also be supported with in office aesthetic treatments from your skin care professional.

### INTRODUCTORY AT HOME ACNE REGIMEN

cleanse  
CLEANSING COMPLEX

hydrate  
HYDRA-COOL SERUM®

protect  
EXTREME PROTECT® SPF 30  
or ECLIPSE SPF 50+

cleanse  
CLEANSING COMPLEX

treat  
ACTIVE SERUM

hydrate  
HYDRA-COOL SERUM®

AM

PM

### ADVANCED AT HOME ACNE REGIMEN

cleanse  
CLEANSING COMPLEX  
treat  
PRO-HEAL SERUM®  
ADVANCE+® (spot treat lesions)

hydrate  
HYDRA-COOL SERUM® or  
REPARATIVE MOISTURE  
EMULSION (treat/hydrate)

protect  
EXTREME PROTECT® SPF 30  
or ECLIPSE SPF 50+

cleanse  
CLEANSING COMPLEX

treat  
PRO-HEAL SERUM®  
ADVANCE+®

treat  
HYDRA-COOL SERUM® or  
REPARATIVE MOISTURE  
EMULSION (treat/hydrate)

AM

PM