

BREAKOUT FREE

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THE 5 SECRETS TO BREAKOUT
FREE SKIN



THE AESTHETIC LOUNGE



CLEAR SMOOTH SKIN HAS NEVER BEEN EASIER TO ACHIEVE.

Discover how to manage your congestion fast. With the correct knowledge and tools we will guide you through the ups and downs of problematic skin.



THE 5 SECRETS TO BREAKOUT FREE SKIN

01 CLEANSING IS KEY

02 WHY EXFOLIATE?

03 KEEP IT CLEAN

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PROFESSIONALS

01 CLEANSING IS KEY

Cleansing is the number 1 most important thing you can do for breakout prone skin. Our 3 tips to cleansing correctly will ensure that no spot is left behind.



*"Great skin
doesn't
wash off."*

CLEANSE THOROUGHLY

Most people don't know how important it is to cleanse their skin morning and night AND to give it a double cleanse each time. This is something that will ensure you have removed breakouts that cause excess oil, dirt and pollution from your skin.

RIGHT PRODUCT FOR YOUR SKIN

Using the wrong cleanser means you will either not be washing your skin thoroughly enough to stop breakouts, or even worse, you could be causing them! Incorrect cleansing ingredients can also commonly cause breakout prone skin to become reddened, dehydrated and stripped.

THOROUGHLY REMOVE

Not removing your cleanser thoroughly can leave your skin dry and even flaky, causing breakouts and interfere with your other products from effectively working. After cleansing, always give yourself a 'water' cleanse to ensure no product residue is left on your skin at the end.

02 WHY EXFOLIATE?

Using the correct exfoliating product is priority to stop breakouts and congestion.

BREAKTHROUGH OIL

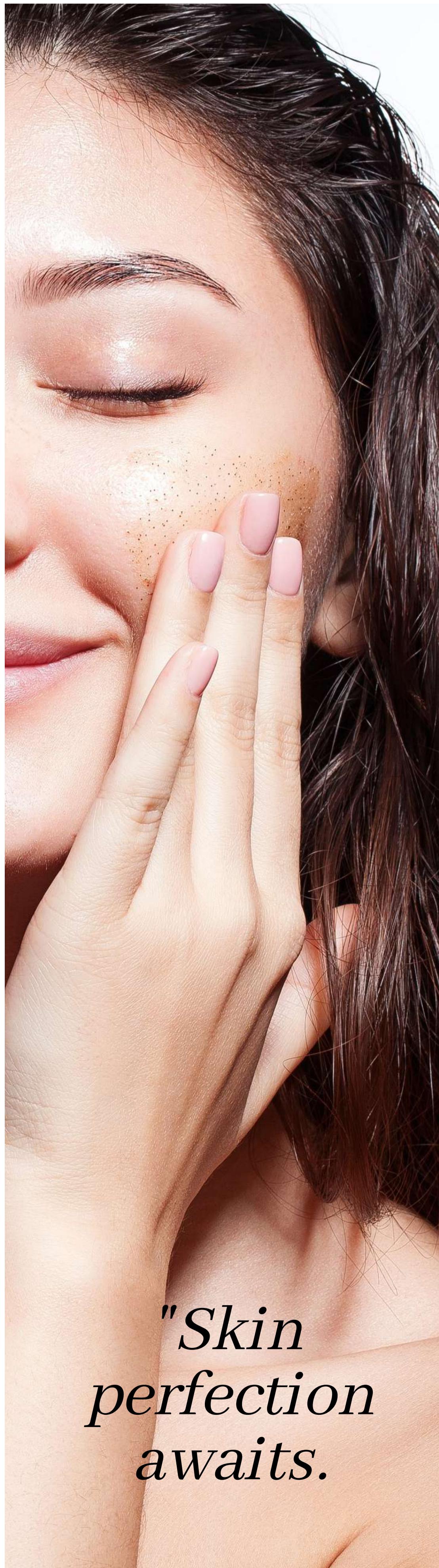
The right exfoliant will dissolve excess oil, dirt and pollutants within the skin, this will help stop one of the main contributing factors that cause breakouts. But beware of scrubbing over pimples as this will only spread infection over the skin and create more breakouts! Exfoliants that contain concentrated amounts of salicylic and AHA acids will penetrate deep within the congested pore to properly breakdown the oil within.

REMOVE THICKENED SKIN

Dissolve and physically remove the dry, dead skin cells that are covering the surface of your skin and contributing to a dull and congested complexion. Exfoliation will also oxygenate your skin to combat bacteria and prevent breakouts, resulting in your skin looking and feeling clear and smooth.

BUT WAIT THERE'S MORE

Future proof your skin and massively enhance the power of your skincare products through exfoliation. By regularly shedding layers of surface skin cells which act as a barricade and repel your acne serums, exfoliation will increase the absorption and effectiveness of your cosmeceuticals to manage your skin against future breakouts.



*"Skin
perfection
awaits."*

03 KEEP IT CLEAN

Skins that break out, do it for a reason and you are often the cause. Using these 3 easy to remember steps daily will help you in the war against breakouts.

CLEAN FACE

You may not know it but touching your face throughout the day will cause breakouts. Keep your hands off at all times except for during your morning and evening skincare routine. Ensure your hands are clean, pillow cases are changed daily, make up brushes are always sanitised and never stick your fingers into your face creams.

CLEAN HAIR

If you find you are getting breakouts and congestion around your hairline, in your ears or over your forehead, your hair may be the culprit! Shampoo regularly to remove excess oils from your hair and always cleanse your face afterwards to remove any shampoo residue that can cause breakouts.

CLEAN DIET

Studies show that the amount of sugar, dairy and processed foods you consume contributes to your breakouts and their severity. Avoiding these foods will help minimise your breakouts and clear up your skin.

"Blemish free skin starts the moment you decide to do something about it."



04 CONSISTENCY

Consistency is paramount in clearing breakouts, as great skin doesn't just happen! These 3 steps for consistency in your home-care routine will create positive change in your skin.



"Beautiful skin requires commitment, not a miracle."

CONSISTENCY

Consistency is going to be your game changer in revealing clear and smooth, breakout free skin. Consistently taking the time with your morning and evening skincare routine will ensure you break the cycle of pimples and reduce oily, thickened skin. Once you see results, it becomes an addiction.

MORNING ROUTINE

Overnight while you sleep your skin detoxifies itself, leaving your skin with a layer of bacteria. Your morning routine is crucial as cleansing your skin, even if it feels clean, will remove any excess oils and sweat that has been produced overnight. By removing these toxins, your skin will be ready to fight pimple causing bacteria during the day.

EVENING ROUTINE

Cosmeceuticals that are designed to be left on overnight create serious change in the way breakout prone skin looks and feels. Every single night these products effectively exfoliate and breakdown stagnant oils and thickened skin that block pores and create pimples in the first place.

05 LEAVE IT TO THE PROFESSIONALS

Breakouts are not fun and when you get one all you want is for it to be gone. Find out why you should seek professional advice from our skin experts.

SQUEEZING

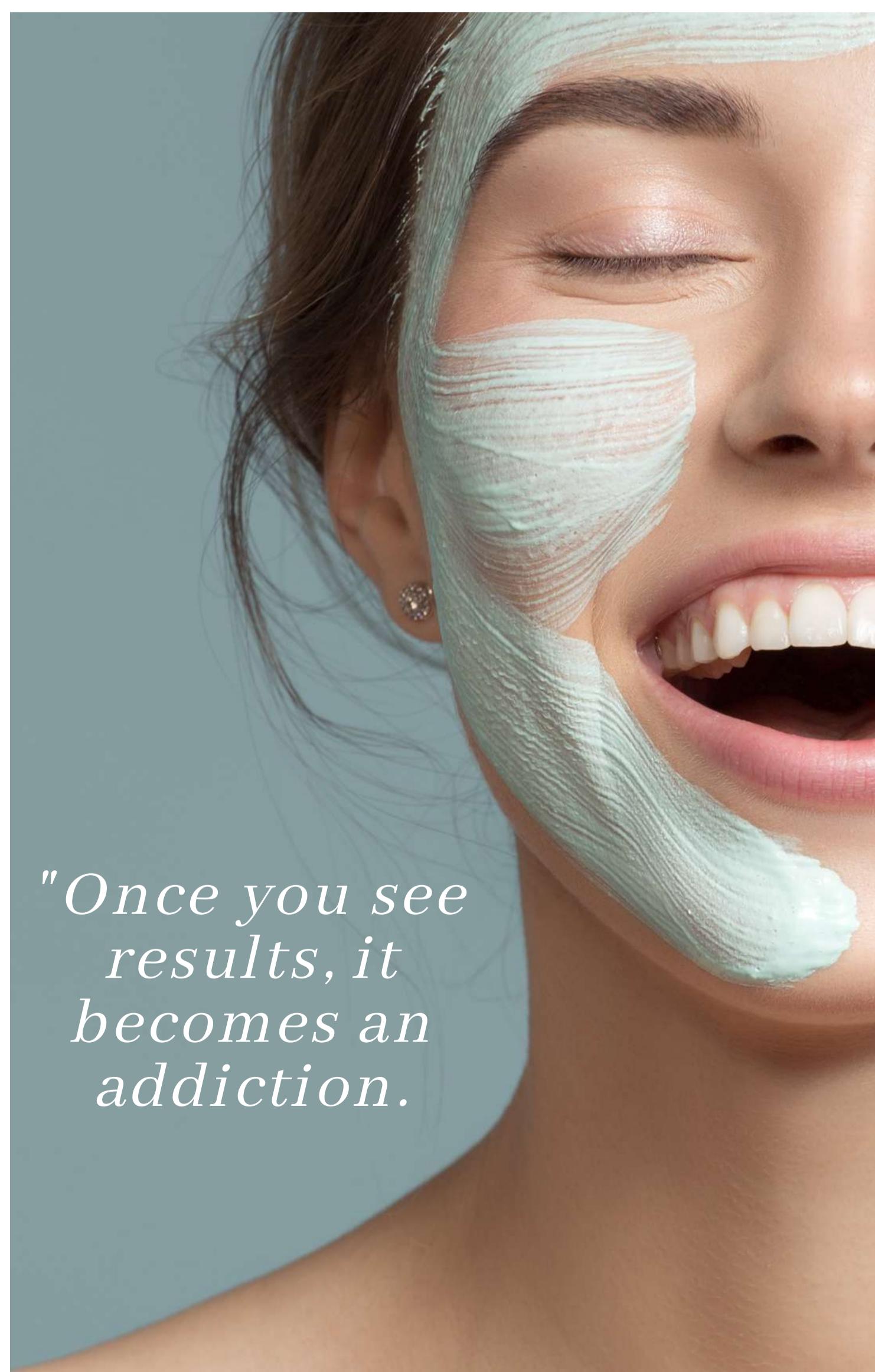
The problem with picking a breakout yourself is that you can't possibly tell if all the infection has been removed. Squeezing your pimples incorrectly, damages the skin resulting in scabbing that can last for weeks and even scar. Avoid this with our Extraction Facials, where we correctly remove all congestion within your skins pores for a rapid and visible transformation.

WE CAN HELP

Our Dermal Therapists, we are specifically qualified and trained in skin science, allowing us to safely and effectively treat your breakouts and congestion. Our passion for helping people transform their skin, will ensure you are given the right advice to bring about positive changes, not only for your skin, but your self confidence.

SCARRING

In many cases breakouts that have been incorrectly picked or left untreated usually result in scarring. Acne scarring can come in many forms and is most visible once the breakouts are long gone. From discoloured pink, brown or purple scars to indented pock marks, these are all an unwanted reminder of the pimples you once had. Avoid unwanted scarring with the help of our skin experts.



"Once you see results, it becomes an addiction."



We help people transform their skin.

WITH OVER 40 YEARS OF EXPERIENCE, LANA AND YASMINE UNDERSTAND SKIN AND HOW TO SAFELY CREATE LIFE CHANGING TRANSFORMATIONS. THE FOUNDATION TO ACHIEVE THIS COMES FROM A MULTILAYERED APPROACH. STARTING WITH A CONSULTATION OUR PASSIONATE SKIN EXPERTS WILL GUIDE YOU THROUGH A TAILORED JOURNEY TO SKIN PERFECTION.

CALL US NOW

MENTION THIS E-BOOK AND WE WILL REDEEM YOUR SKIN CONSULTATION FEE ON OUR LIFE CHANGING SKINCARE.

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