

# Acne Readiness Guide

## Preparing Your Skin for the Virtual Acne Program

This guide outlines foundational steps designed to help stabilize your skin before beginning structured acne treatment.

We prioritize long-term skin health, safety, and realistic expectations.

## The 5 Core Foundations of Acne Readiness

### 1. Simplify Your Routine

Use a basic, consistent routine morning and night. Avoid layering multiple treatments.

### 2. Support the Skin Barrier

Avoid harsh scrubs and aggressive exfoliation. Focus on calming and protecting the skin.

### 3. Reduce Active Treatments (If Needed)

In some cases, pausing strong actives allows the skin to stabilize.

### 4. Stay Consistent

Follow the same routine daily and allow time for adjustment.

### 5. Be Aware of Lifestyle Triggers

Manage stress, prioritize sleep, stay hydrated, and avoid picking.

## When to Reapply

You may reapply when:

- Your skin feels calmer and less reactive
- You are following a consistent routine
- You are open to structured product guidance
- You are ready to follow professional recommendations

Each application is reviewed individually to ensure safety and effectiveness.

## Our Commitment

**We do not promise overnight results.**

**We do promise professional guidance, proven systems, and honest expectations.**

**Clear skin requires structure, patience, and accountability.**

**Reapply at:**