

Your Clear Skin Guide

Understanding Acne & Building Your Personalized Plan — with AyurVida's Acne Clinic

FREE GUIDE · FEATURING FACE REALITY SKINCARE



AyurVida Wellness and Clinic — Acne Clinic

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Clear Skin Starts With the Right Approach

Acne is rarely just a surface problem. At the AyurVida Acne Clinic in Mission Hills, our licensed estheticians look past the breakout itself to understand what's actually driving it, your skin type, your current products, your diet, and your day-to-day habits. That's what makes our approach different from a generic drugstore routine or a one-size-fits-all dermatology visit.

This guide is meant to help you understand acne and what shapes a truly effective plan. It isn't a one-size-fits-all routine you can follow on your own, because the safest and most effective path to clear skin is always a plan built for your specific skin, guided by a trained Acne Specialist.



The Professional System Behind Our Clinic

In the clinic, we work with Face Reality, a professional, acne-safe skincare line sold exclusively through licensed estheticians, so you won't find it at the drugstore or on a generic marketplace. Its products are formulated with concentrated active ingredients and are non-comedogenic, designed specifically not to clog pores while they work, covering inflamed and non-inflamed acne, hormonal breakouts, post-acne marks, and everything in between.

GOOD TO KNOW

Which products, strengths, and combinations are right for you depends entirely on your skin. That's a decision your Acne Specialist makes with you, not something a generic guide can responsibly hand you step by step.

How to Use This Guide

The next few pages will help you understand your skin, the everyday factors that influence breakouts, and why the guidance of an Acne Specialist makes the biggest difference in getting, and keeping, clear skin.

Understanding Your Acne Type

Not all breakouts are the same, and they don't respond to the same care. Recognizing the type of lesion you're dealing with is the first step toward treating it correctly.



Blackheads and whiteheads are non-inflamed acne, congestion within the pore. Papules are inflamed acne, a red, firm bump caused by a combination of dead skin cells, sebum, and bacteria. Beyond these, skin can also develop pustules, nodules, and cysts, each requiring a different level of care and, often, a different active ingredient altogether.

WHY THIS MATTERS

Treating inflamed acne the way you'd treat non-inflamed acne (or vice versa) is one of the most common reasons an at-home routine doesn't work. An Acne Specialist identifies exactly what you're dealing with before recommending anything.

What a Personalized Routine Includes

While we can't hand you a generic step-by-step routine, since the right products, strengths, and order genuinely depend on your skin, most professional acne routines are built from the same basic building blocks:

- **A gentle cleanser** that removes oil and impurities without stripping the skin barrier
- **A balancing toner** that restores the skin's natural pH and preps it for treatment
- **A targeted treatment** matched to your acne type and sensitivity, this is the step that does the real work, and the one most likely to cause irritation if it isn't matched correctly
- **A lightweight, non-comedogenic moisturizer** to keep skin hydrated without clogging pores
- **Daily SPF**, essential since many acne treatments increase sun sensitivity

Within the Face Reality system, each of these categories includes multiple options and strengths, cleansers, toners, and treatments formulated for different acne types, skin sensitivities, and stages of a treatment plan. Your Acne Specialist selects and sequences the right ones for you, then adjusts them as your skin responds.

GOOD TO KNOW

Using the wrong strength or combination of active ingredients is one of the most common reasons an at-home routine stalls or backfires. A plan that's right for someone else's skin isn't automatically right for yours.

Lifestyle Factors That Can Affect Your Skin

Skincare products are only part of the picture. These everyday habits and exposures can also influence breakouts:

- **Rest & stress** — Poor sleep and elevated stress can increase oil production and contribute to clogged pores.
- **Laundry habits** — Fragranced detergents and fabric softeners can leave residue on pillowcases and towels that irritates or clogs acne-prone skin; fragrance-free formulas are gentler.
- **Pillowcases** — Change them often. Oil, sweat, and hair-care residue build up and transfer onto skin overnight.
- **Water quality** — Some water softeners, particularly those high in potassium chloride, have been linked to breakouts.
- **Swimming** — Pool disinfectants can irritate skin; ask your Acne Specialist about protecting your skin before you swim.
- **Sun exposure** — UV exposure can worsen dark marks and accelerate skin aging; daily SPF matters, rain or shine.
- **Hand & lip products** — Pore-clogging hand lotions, lip balms, and even facial tissues can trigger breakouts around the hands and mouth.
- **Picking or squeezing** — One of the biggest causes of lingering dark marks and scarring. A cold compress is a gentler way to calm an active blemish.
- **Hormonal factors** — Certain birth control formulations, hormone therapy, and conditions like PCOS can influence breakouts; talk to your doctor about what's right for you.
- **Medications & substances** — Some prescription and recreational substances can exacerbate acne. Always tell your Acne Specialist about anything you're taking.
- **Occupational exposure** — Regular contact with oils, greases, tars, or industrial chemicals can contribute to breakouts.

This information is educational and not a substitute for professional medical advice. Please consult your physician regarding medications, hormonal therapy, or any underlying skin condition.

Know What Can Trigger a Flare-Up

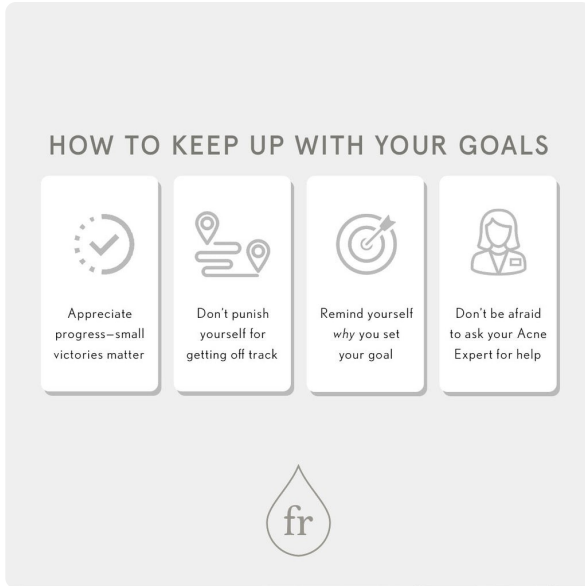
Along with daily habits, certain everyday exposures are common triggers for reactive skin, including both acne-prone and rosacea-prone complexions. Being aware of them can help you and your Acne Specialist fine-tune your plan.



Everyone's skin reacts differently, so these aren't rules to eliminate entirely, they're patterns worth noticing. If you find your skin flares after a stressful week, a hot shower, or a spicy meal, mention it at your next visit. It's exactly the kind of detail that helps shape a more precise plan.

Small Habits, Real Progress

Clear skin is a process, not an overnight fix. These small habits can help you stay consistent and support your skin (and yourself) along the way.



Consistency matters more than perfection. If you fall off track, the goal is to pick your routine back up, not to abandon it, and your Acne Specialist is always there to help you adjust course.

Why This Works Best With an Expert

The products used to treat acne are genuinely effective, but they're also active ingredients. The right cleanser for one skin type can over-dry another, and the right strength of a treatment depends on how inflamed your skin is, how it reacts to actives, and how it changes over time. That's the difference between a plan that clears your skin and one that leaves it irritated with no real progress to show for it.

The Clear Skin Method

At the AyurVida Acne Clinic, your Acne Specialist builds your routine around your specific acne type, sensitivity, and lifestyle using the Face Reality professional system, then adjusts it as your skin responds. It's a guided, evolving process, not a fixed formula applied the same way to everyone.

"Known for the ability to read your skin, creating a personalized experience rather than following a standard recipe." — a recurring theme in client reviews of our Acne Clinic.



Most clients notice real improvement within a few weeks and continued progress over three to six months when a personalized at-home routine is paired with regular treatments and expert check-ins.

Begin Your Journey to Clear Skin



Ready to turn this guide into a plan built for your skin? Our Acne Clinic in Mission Hills offers consultations and treatment packages designed to take you from guesswork to a plan that's actually working for you.

Acne Specialist Consultation

\$55

45 min · skin assessment & custom plan

Consultation + First Treatment

\$199

90 min · consult plus acne peel or enzyme treatment

Acne Starter Package

\$775

Consultation + 6 full-size Face Reality products + 2 treatments

Acne Treatment Package of 6

\$750

Regular \$1,008

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