

Annique Acne Tips

by Corne Wiid

Skin Appearance	Possible Cause	Recommended Product	Recommended Product
Blocked Pores	Excess oil secretion as a result of drying out the skin.	Lucid Silky Skin Replenisher on a daily basis with Face Facts Moisture Shield or Hydrafine Ideal Herbal Moisturiser.	OptiMega OptiDerm OptiFlora
White heads Hard bumps especially on forehead, temples and jawline without infection	Impurities due to not taking proper care of the skin-cleansing. Oil solidifies in pores, which can be a result of too much scrubbing daily.	Evening: Lucid Ultimate Moisturiser for Dry Skin, Resque Crème, Essense Rooibos Miracle Tissue Oil, Essense Skin Detox and Hydrafine Ideal Moisturiser	OptiDerm OptiFlora Detox Tea
Small yellow pimples	Infection caused by disturbance of the PH balance	Face Facts Spotless Pimple Treatment (twice daily) and Hydrafine Absolute Balancing Freshener (throughout the day)	OptiFlora OptiToniQ+ Balance Tea
Infection in blocked pores *Can occur over the entire face	Touching the face and squeezing of blocked pores Spastic colon PMS Diet	Face Facts Calm Down Masque applied on top of Resque Crème and Forever Young RetiniQ (twice per week). Essense Skin Detox	OptiClear OptiFlora OptiDerm
Open wounds Scabs	Scratching Squeezing	Essense Rooibos Miracle Tissue Oil to remove and treat scars	OptiFlora OptiC OptiDerm
Secondary inflammation		Resque Crème, Hydrafine Ideal Herbal Moisturiser, Essense Sensi Crème and Essense Derma Block	OptiFlora OptiDerm Green Rooibos Tea
Acne marks	Handling of the skin	Forever Young RetiniQ, Essense Derma Bright, Essense Rooibos Miracle Tissue Oil and Essense Intense Repair Serum	OptiFlora OptiDerm
Enlarged pores Purple marks Pigmentation marks Scars	Squeezing and scratching Sun damage Neglecting acne	Essense Skin Detox, Forever Young Revitalising Cream with Hydrafine Ideal Herbal Moisturiser and Essense Derma Block	OptiFlora Green Rooibos Tea OptiDerm OptiC
Redness, itching (severe sensitivity)	Due to over exposure to harsh products Over stimulation due to too much scrubbing.	Essense Sensi Crème (throughout day and night), Resque Crème (use as a masque), Essense Rooibos Miracle Tissue Oil and Face Facts Liquid Skin Nutrition	OptiFlora Green Rooibos Tea OptiClear OptiToniQ+

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Skin looks red, inflamed and dehydrated.	Diet Sport Hormones	Essense Skin Detox and Sensi Crème	OptiFlora Rooibos Lifestyle Shake Balance Tea Relax Tea OptiToniQ*
Big red or purple, inflamed pimples or cysts underneath the skin. Especially on jawline, neck, bust and back.	Hormones Stress	Face Facts Spotless Pimple Treatment, Face Facts Calm Down Masque with Lucid Skin Replenisher Essense Skin Detox and Forever Healthy Micro Nutrients (very important) Forever Young Q10 Therapy	OptiFlora Rooibos Lifestyle Shake Balance Tea Relax Tea Opti Calm OptiC OptiToniQ*
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Orange peel	Little or no moisture Over stimulation by washing and scrubbing causes excess oil	Evening: Sleep with Lucid Silky Skin Replenisher (every night)	OptiFlora OptiMega Green Rooibos Tea
Black heads Blocked pores *Can occur over entire skin especially T-Zone		Face Facts Calm Down Masque (Once to twice per week) Within two weeks skin will first calm down. Essense Sensi Crème as a moisturiser or masque and Face Facts Liquid Skin Nutrition throughout the day	OptiFlora OptiDerm OptiClear