

what is causing my adult acne?

A common misconception is that acne only affects teenagers. But more than ever before, adults are suffering with oily and acneic skin conditions. Unfortunately, adult cases of acne are often more persistent than teenage acne, which can be particularly frustrating for those who were spared outbreaks as teenagers.

The primary catalyst of adult acne is chronic stress. Balancing personal and professional responsibilities makes this generation of adults the most time-compressed generation in history, which contributes to chronic stress: the constant, continued and heightened level of stress that throws our adrenal glands into overdrive, which in turn can boost sebum production, setting the stage for acne development.

Adult acne can also be aggravated by internal and external factors. Internally, the psychological effects of adult acne can contribute to continued flare-ups and breakouts. When adults are frustrated by the signs of acne on their skin, it causes additional emotional stress, which contributes to a continued overactivity of the sebaceous glands and leads to the continued cycle of breakouts. Externally, the need to “pick” or “squeeze” breakouts places even more bacteria on skin.

the four main factors that contribute to acne development

While stress creates the trigger for acne, there are four main factors that contribute to the development of acne: **overactive sebaceous glands** (the production of too much oil), **dead skin cell accumulation, bacteria** and **inflammation**.

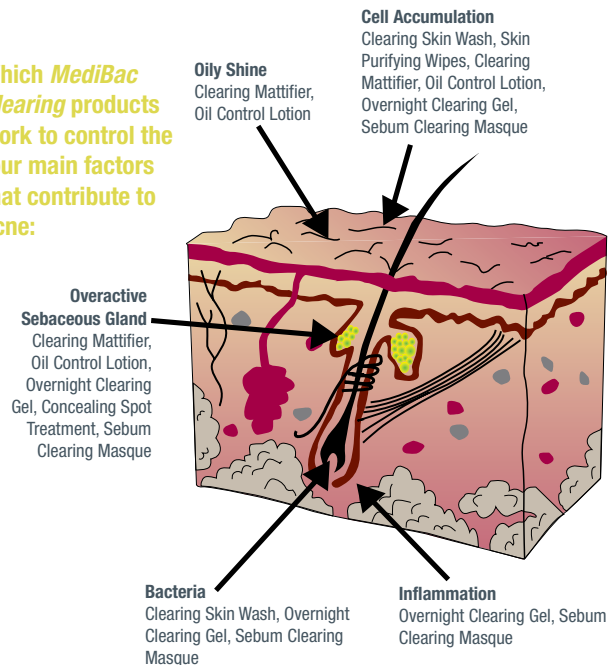
When **overactive sebaceous glands** produce too much oil, this oil spills onto the skin's surface, creating a slick, greasy appearance. This excess oil acts as a binder, holding on to **dead skin cells** that were meant to be shed. The follicle becomes clogged with a mixture of oil and dead skin cells, prohibiting oxygen from entering. This creates the perfect breeding ground for **bacteria**, which leads to the swelling, redness and **inflammation** around the follicle, resulting in acne.

To successfully treat, clear and prevent acne, the cascade of events leading to acne development must be controlled: we must regulate the sebaceous glands, promote exfoliation to help shed dead skin cells from the surface, kill bacteria and soothe inflammation.

dermalogica's new *mediBac clearing™*

Dermalogica's new *MediBac Clearing* system is formulated specifically to treat adult acne. Each product, with its unique acne-fighting and clearing ingredients, is designed to be layered upon the skin to provide around-the-clock, maximum control of the four main factors that contribute to acne.

Which *MediBac Clearing* products work to control the four main factors that contribute to acne:



why is *mediBac clearing™* more effective at treating adult acne?

Most products and treatments for acne are designed for teenage skin, making them too harsh and irritating for adult acne sufferers. The aggressive acne treatments created for teenage skin (which is more resilient) can cause adverse reactions on older skin, including flaking, peeling, excessive dryness and even additional breakouts.

Even skin in its 20s and 30s can be drier and more sensitized than teenage skin, can take longer to recover and can suffer extensive hyperpigmentation from past breakouts.

The *MediBac Clearing* system works to treat, clear and prevent adult acne while addressing the needs of adult skin. The *MediBac Clearing* system controls acne without compromising skin's integrity, which means skin is clearer and healthier.

professional treatments for maximum results

Intensify the effectiveness of your prescribed *MediBac Clearing™* home care regimen with a professional *MediBac Clearing Treatment*. Available only from a Professional Skin Therapist, this treatment will act as the foundation and maintenance program for healthy, consistently clear skin.



using *mediBac clearing™* at home

Lather **Clearing Skin Wash** in wet hands and massage over face and throat, avoiding eye area. Rinse with warm water. Apply **Clearing Mattifier** to areas prone to oiliness, such as the T-zone. Apply **Oil Control Lotion** to areas where **Clearing Mattifier** was not applied. At night after cleansing, apply **Overnight Clearing Gel** to areas of congestion. Spot treat breakouts during the day with **Concealing Spot Treatment**. Two to three times a week, apply **Sebum Clearing Masque** after cleansing. Use over entire face and throat or exclusively in the T-zone. Avoid eye area.

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mediBac clearing™ – it's the end of the line for adult acne.

Our entire system of products effectively treats, clears and prevents adult acne. Ask your Professional Skin Therapist for your free *Face Mapping®* skin analysis and customized *MediBac Clearing* prescription.



New! Clearing Skin Wash

A non-irritating cleanser that clears away excess oil while calming inflammation and eliminating acne-causing bacteria.

Reformulated! Skin Purifying Wipes

These hygienic, refreshing wipes contain Salicylic Acid to stimulate natural exfoliation, clear impacted follicles and minimize breakout formation. Use after cleansing and throughout the day to keep skin clean and fresh.

New! Clearing Mattifier

A medicated topical treatment that clears breakouts, reduces congestion and controls shine while smoothing skin texture and diminishing fine lines.



Reformulated! Oil Control Lotion

A hydrating, oil-free, feather-light lotion containing additional microsponges to help absorb even more oil on skin's surface and maintain an all-day matte finish.

New! Overnight Clearing Gel

Help clear skin with this overnight treatment designed to remove impaction plugs, eliminate bacteria and reduce excess sebum to help prevent future breakouts.

Special Clearing Booster

This 5% Benzoyl Peroxide concentrate, fortified with Zinc Sulfate, Tea Tree and Sage, eliminates bacteria while accelerating breakout clearing.

New! Concealing Spot Treatment

An intense spot treatment containing concentrated Sulfur to quickly dry breakouts, while a natural tint helps conceal breakouts. Ideal for people sensitive to Benzoyl Peroxide.

New! Sebum Clearing Masque

A cooling, deep-cleaning clay masque that purifies skin, refines skin texture and strengthens the follicle membrane to control inflammation.



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dermalogica®