

# SKIN TIPS



- Never wash your face with hot water. Always use lukewarm or a gentle cool.
- Use a clean towel (single use) or biodegradable face cloth to blot dry. We prefer the brand Clean Skin Club towels.
- Cleanse the skin for a full 60 seconds with each wash. Always double cleanse PM.
- Skip detergents with fragrance and dryer sheets.
- Apply eye products to the orbital bone, you do not need to get super close to the eye as this can cause irritation.
- Always wait 10 seconds after applying SIV to apply your next product.
- Apply your Hypochlorous Mist before & after workouts. Cleanse the skin ASAP after as well.
- If you struggle with hairline acne, look into SEEN haircare.
- Reapply your SPF every 2 hours when in direct or indirect sunlight (indoors counts if there are windows)
- Use face masks/treatment products once a week minimum
- If your skin develops irritation of any kind, immediately discontinue your “active” products and focus on hydration/repair.
- Spot treatments are only affective when the breakout is forming. Once it has been “popped” or has opened, the breakout then needs moisture to heal.
- Ice breakouts after cleansing for up to 2 mins as tolerated. Do not apply pressure, just roll gently, pulling away as needed.
- Brush your teeth before washing your face.
- Don’t neglect your neck! Ease into active products on the neck though. Start with hydrators and moisturizers.
- Eye creams and Vitamin A are ideal after age 25+ to prevent damage.
- Cleansing in the AM is equally important! It removes sensitizing night products, dead skin build up, and oils accumulated overnight.
- Clean your makeup brushes weekly. To get by spritz them with a Hypochlorous Mist before using.
- Get professional treatments every 4-8 weeks for optimal results and maintenance
- Check your makeup/hair/lotions/etc. on this site for pore cloggers if you have acne: <https://acneclinicnyc.com/pore-clogging-ingredients/>