

## Pregnancy and Breastfeeding

Congratulations on your pregnancy! During this time, as well as postpartum, your skin may experience changes. Here are some things you should be aware of:

- Your acne may improve during your pregnancy, or it may get worse due to hormonal changes.
- Strictly adhering to all lifestyle recommendations is important.
- If your doctor approves, strictly adhering to your home care regimen is important.
- Most pre-natal vitamins contain iodides and/or biotin which can cause acne.

Please fill out the attached release form. We cannot perform treatments or sell your active products without having a signed copy of the release on file. We would like to recommend certain products that we feel would be safe during your pregnancy. Included is an ingredient deck of all possible products that could be recommended for your use during your pregnancy and during breastfeeding. We strongly encourage you to share this document with your doctor.

We recommend discontinuing use of Salicylic, Vitamin A or TCA during pregnancy and nursing.

### Products to Avoid

Sal-C Toner (White Willow Bark and Salicylic Acid), Salicylic Serum (Salicylic Acid), Vitamin A Corrective Serum, Vitamin A Corrective II Serum, Daily SPF 30 (Butyloctyl Salicylate), Acne Peels (TCA)

Please confer with your doctor to see if there are any additional ingredients or products that they may discourage. If you are unable or unwilling to use any active products during your pregnancy, we will not be able to see you for treatments or extractions. Active products are what assist in clearing your acne and also assist us in being able to extract your acne lesions. Thank you for your cooperation.

Client Name: \_\_\_\_\_

Current Product Approved for Use by Physician Name Yes/No

List any specific ingredients to avoid: \_\_\_\_\_

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## CLEANSERS

### Ultra Gentle Cleanser – 2 Versions currently shipping

Version 1: Water (Aqua), Cocamidopropyl Betaine, Decyl Glycoside, Lauryl Glucoside, Glycerin, Xanthan Gum, Organic Green Tea Leaf Extract (Camellia Sinensis), Organic Licorice Root Extract (Glycyrrhiza Glabra), Reishi Mushroom (Ganoderma Lucidum), Pro-Vitamin B5 (Panthenol), German Chamomile Flower Essential Oil (Chamomilla Recutita), Roman Chamomile Flower Essential Oil (Anthemis Nobilis), Lavender Flower Essential Oil (Lavandula Angustifolia), Phenoxyethanol, Tetrasodium EDTA

Version 2: Aqua (Water), Cocamidopropyl Betaine, Glycerin, Decyl Glucoside, Lauryl Glucoside, Xanthan Gum, Glycyrrhiza Glabra (Licorice) Root Extract, Fomes Officinalis (Mushroom) Extract, Camellia Oleifera (Green Tea) Leaf Extract, Panthenol (D), Disodium EDTA, Hamamelis Virginiana (Witch Hazel) Water, Citric Acid, Alcohol, Butylene Glycol, Potassium Sorbate, Phenoxyethanol, Ethylhexylglycerin

### Antioxidant Scrub

Version 1: Water (Aqua), Cocamidopropyl Betaine, Decyl Glycoside, Lauryl Glucoside, Glycerin, Cellulose Acetate, Organic Green Tea Leaf Extract (Camellia Sinensis), Organic Licorice Root Extract (Glycyrrhiza Glabra), Reishi Mushroom (Ganoderma Lucidum), Pro-Vitamin B5 (Panthenol), German Chamomile Flower Essential Oil (Chamomilla Recutita), Roman Chamomile Flower Essential Oil (Anthemis Nobilis), Lavender Flower Essential Oil (Lavandula Angustifolia), Xanthan Gum, Phenoxyethanol, Tetrasodium EDTA

Version 2: Aqua (Water), Cocamidopropyl Betaine, Cellulose Acetate, Glycerin, Decyl Glucoside, Lauryl Glucoside, Xanthan Gum, Glycyrrhiza Glabra (Licorice) Root Extract, Fomes Officinalis (Mushroom) Extract, Camellia Oleifera (Green Tea) Leaf Extract, Panthenol (D), Disodium EDTA, Hamamelis Virginiana (Witch Hazel) Water, Citric Acid, Alcohol, Butylene Glycol, Potassium Sorbate, Phenoxyethanol, Ethylhexylglycerin

### Acne Face and Body Wash

Active ingredient: 2.5% BPO

Purified water, Ammonium Lauryl Sulfate, Glycerin, Cocoamphocarboxyglycinate, Propylene Glycol, Carbomer, sodium Hydroxide, Fragrance

### Acne Face and Body Scrub

Active Ingredient: 2.5% BPO

Inactive Ingredients: Purified Water, Ammonium Lauryl Sulfate, Glycerin, Cellulose Acetate, Cocoamphocarboxyglycinate, Propylene Glycol, Carbomer, Sodium Hydroxide, Fragrance

### Mandelic Face and Body Wash

Aqua (Water), Sodium C14-16 Olefin Sulfonate, Polyacrylate-1 Crosspolymer, Sodium Cocoamphoacetate, Hamamelis Virginiana (Witch Hazel) Water, Gluconolactone, Mandelic Acid (L) 1%, Honey (Mel), Camellia Oleifera (Green Tea) Leaf Extract, Vitis Vinifera (Grape) Seed Extract, Actinidia Deliciosa (Kiwi) Fruit Extract, Glycerin, Cocamidopropyl Hydroxysultaine, Sodium Benzoate, Alcohol, Ethylhexylglycerin, Propanediol, Phenoxyethanol

### Mandelic Face and Body Scrub

Aqua (Water), Sodium C14-16 Olefin Sulfonate, Cellulose Acetate, Sodium Cocoamphoacetate, Bambusa Arundinacea (Bamboo) Stem Extract, Acrylates Copolymer, Hamamelis Virginiana (Witch Hazel) Water, Mandelic Acid (L), Honey (Mel), Camellia Oleifera (Green Tea) Leaf Extract, Vitis Vinifera (Grape) Seed Extract, Actinidia Deliciosa (Kiwi) Fruit Extract, Gluconolactone, Glycerin, Cocamidopropyl Hydroxysultaine, Sodium Benzoate, Alcohol, Propanediol, Ethylhexylglycerin, Phenoxyethanol, Sodium Hydroxide

## TONERS

### Calming Facial Toner – 2 versions currently shipping

Version 1: Organic Aloe Leaf Juice (Aloe Barbadensis), Rose Flower Water (Rosa Damascena), Glycerin, Phenoxyethanol, Tetrasodium Glutamate Diacetate

Version 2: Aqua (Water), Rosa Damascena (Rose) Flower Water, Glycerin, Aloe Barbadensis Leaf Juice, Polysorbate 20, Globularia Alypum Leaf Extract, Bisabolol (L-alpha), Allantoin, Caprylhydroxamic Acid, Gluconolactone, Benzyl Alcohol, Sodium Benzoate

### Glycolic Toner

Deionized Water, Methyl Gluceth-20, Glycolic Acid, Propylene Glycol, SDA 40, Allantoin, PCA, Chamomile, Lactic Acid, Sodium Borate, Methylparaben, Witch Hazel Extract, Ascorbic Acid, Polysorbate-20, Diazolidinyl Urea

### Moisture Balance Toner

Version 1: Hamamelis Virginiana (Witch Hazel) Water, Aqua (Water), Alcohol, Glycerin, Polysorbate 20, Deuterium Oxide (Heavy Water), Sodium PCA, Cucumis Sativus (Cucumber) Fruit Extract, Fructooligosaccharides (D-beta), Glucosamine HCl (D), Honey (Mel), Phospholipids, Commiphora Myrrha Oil, Sphingolipids, Hyaluronic Acid, Borago Officinalis Seed Oil\*, Cucumis Sativus (Cucumber) Seed Oil, Benzyl Alcohol, Fragrance/Parfum

Version 2: Hamamelis Virginiana (Witch Hazel) Water, Aqua (Water), Alcohol, Glycerin, Polysorbate 20, Leuconostoc/Radish Root Ferment Filtrate, Sodium PCA, Sodium Lactate, Fructooligosaccharides (D-beta), Glucosamine HCl (D), Sodium Hyaluronate (L), Proline (L), Gluconolactone, Caprylyl Glycol, Sorbitol, Sodium Gluconate, Sodium Benzoate, Phenethyl Alcohol, Potassium Sorbate, O-cymen-5-OL

## SERUMS

### Mandelic Serum 5%

Aqua (Water), Hamamelis Virginiana (Witch Hazel) Water, Mandelic Acid (L), Alcohol, Lactic Acid (L), Butylene Glycol, Alcohol Denat., Sodium Lactate, Sodium Hyaluronate (L), Niacinamide, Sodium PCA, Xanthan Gum, Urea, Phenethyl Alcohol, Caprylyl Glycol, Potassium Sorbate, Polyglyceryl-4 Caprate

### Mandelic Serum 8%

Aqua (Water), Hamamelis Virginiana (Witch Hazel) Water, Mandelic Acid (L), Alcohol, Lactic Acid (L), Butylene Glycol, Alcohol Denat., Sodium Lactate, Niacinamide, Sodium Hyaluronate (L), Sodium PCA, Xanthan Gum, Phenethyl Alcohol, Caprylyl Glycol, Potassium Sorbate, Urea, Sodium Hydroxide

### Mandelic Serum 11%

Aqua (Water), Hamamelis Virginiana (Witch Hazel) Water, Mandelic Acid (L), Lactic Acid (L), Alcohol, Butylene Glycol, Alcohol Denat., Sodium Lactate, Niacinamide, Sodium Hyaluronate (L), Sodium PCA, Xanthan Gum, Phenethyl Alcohol, Caprylyl Glycol, Potassium Sorbate, Polyglyceryl-4 Caprate, Urea

### Mandelic Serum 15%

Aqua (Water), Hamamelis Virginiana (Witch Hazel) Water, Mandelic Acid (L), Lactic Acid (L), Alcohol, Butylene Glycol, Alcohol Denat., Sodium Lactate, Niacinamide, Sodium Hyaluronate (L), Sodium PCA, Xanthan Gum, Phenethyl Alcohol, Caprylyl Glycol, Potassium Sorbate, Sodium Hydroxide, Urea

### Glycolic 5%, 10%

Purified Water, High Purity Glycolic Acid, Glycerin, Witch Hazel Distillate, Hydroxyethylcellulose

### Antioxidant Peptide Face Serum

Aqua (Water), Glycerin, Caprylic/Capric Triglyceride, Palmitoyl Tripeptide-38, Pichia/Resveratrol Ferment Extract, Methylglucoside Phosphate, Copper Lysinate/Proline, Phenyl t-Butylnitron (Spin Trap), Polyglyceryl-4 Caprate, Acetyl Tributyl Citrate, Sclerotium Gum, Hydroxypropyl Cyclodextrin, Xanthan Gum, Sodium Gluconate, Caprylhydroxamic Acid, Ethylhexylglycerin, Benzyl Alcohol, Phenoxyethanol

### **Acne Med (Benzoyl Peroxide)**

Acne Med 2.5%/5%/10%

Active Ingredient: Benzoyl Peroxide 2.5%/5%/10%

Purified Water, Glycerin, Propylene Glycol, Carbomer, Sodium Hydroxide

### **Sulfur Spot Treatment**

Active Ingredient: 6% Sulfur

Aqua (Water), Butylene Glycol, Acacia Senegal Gum, Carbomer, Palmitoyl Tripeptide-8, Bisabolol (L-alpha), Allantoin, Glycerin, Ethylhexylglycerin, Caprylhydroxamic Acid, Dextran, Sodium Hydroxide, Benzyl Alcohol, Phenoxyethanol

### **Sunscreen**

Ultimate Protection SPF 28

Active Ingredients:

11.6% Zinc Oxide

0.67% Titanium Dioxide

Aqua (Water), Caprylic/Capric Triglyceride, Cetyl Alcohol, Cetearyl Glucoside, Coco-Caprylate/Caprates, Polysorbate 60, Glycerin, Squalane, Polyglyceryl-6 Polyricinoleate, Isononyl Isononanoate, Magnesium Aluminum Silicate, Xanthan Gum, Glyceryl Isostearate, Polyhydroxystearic Acid, Alumina, Tocopherol (D-alpha), Helianthus Annuus (Sunflower) Seed Oil, Aloe Barbadensis Leaf Juice Powder\*, Dimethicone, Fructooligosaccharides (D-Beta), Allantoin, Potassium Sorbate, Trisodium Ethylenediamine Disuccinate, Citric Acid, Populus Temuloides Bark Extract, Leuconostoc/Radish Root Ferment Filtrate, Dicaprylyl Ether, 1,2 Hexanediol, Caprylyl Glycol, Gluconolactone, Lonicera Caprifolium (Honeysuckle) Flower Extract, Lonicera Japonica (Honeysuckle) Flower Extract, Tropolone

### **Hydrators**

Hydrabalance

Aqua (Water), Glycerin\*, Syringa Vulgaris (Lilac) Leaf Cell Culture Extract, Totarol, Sodium Hyaluronate (L), Chlorophyll, Phenyl t-Butylnitrone (Spin Trap), Aloe Barbadensis Leaf Juice

Powder\*, Cananga Odorata (Ylang Ylang) Flower Oil, Santalum Austrocaledonicum (Sandalwood) Wood Oil, Lavandula Angustifolia (Lavender) Oil, Rosa Damascena Flower Oil, Citrus Aurantium Dulcis (Orange) Peel Oil\*, Lonicera Caprifolium (Honeysuckle) Flower Extract, Lonicera Japonica (Honeysuckle) Flower Extract, Hamamelis Virginiana (Witch Hazel) Water, Alcohol, Citric Acid, Trisodium Ethylenediamine Disuccinate, Carbomer, Alcohol, Cinnamomum Camphora (Camphor) Bark Oil, Sodium Hydroxide, Potassium Sorbate, Phenylethyl Alcohol, Caprylyl Glycol  
\*Certified Organic Ingredient

## Moisturizers

### Clearderma

Aqua (Water), Caprylic/Capric Triglyceride, Coco-Caprylate/Caprates, Cetearyl Alcohol, Glyceryl Stearate, Glycerin, Tapioca Starch, Cetearyl Olivates, Niacinamide, Carthamus Tinctorius (Safflower) Seed Oil\*, Syringa Vulgaris (Lilac) Leaf Cell Culture Extract, Bisabolol (L-alpha), Allantoin, Chamomilla Recutita (Matricaria) Flower Extract, Camellia Oleifera (Green Tea) Leaf Extract, Vaccinium Macrocarpon (Cranberry) Fruit Extract, Fructooligosaccharides (D-beta), Glycyrrhiza Inflata Root Extract, Totarol, Hamamelis Virginiana (Witch Hazel) Water, Citrus Clementina Peel Oil, Citrus Aurantium Dulcis (Orange) Peel Oil\*, Phenoxyethanol, Citric Acid, Sorbitan Olivates, Carbomer, Potassium Sorbate, Stearic Acid, Ethylhexylglycerin, Polysorbate 60, Maltodextrin, Alcohol Denat., Polysorbate 20, Sodium Hydroxide, Alcohol

### Cran-Peptide Cream

Aqua (Water), Caprylic/Capric Triglyceride, Coco-Caprylate/Caprates, Cetyl Alcohol, Glycerin, Stearyl Alcohol, Cetearyl Olivates, Vaccinium Macrocarpon (Cranberry) Fruit Extract, Syringa Vulgaris (Lilac) Leaf Cell Culture Extract, Palmitoyl Tripeptide-38, Methylglucoside Phosphate, Copper Lysinate/Prolinate, Tocopheryl Acetate (D-alpha), Aloe Barbadensis Leaf Juice Powder\*, Totarol, Ethylhexylglycerin, Moringa Oleifera Seed Extract, Eclipta Prostrata Extract, Melia Azadirachta (Neem) Leaf Extract, Hamamelis Virginiana (Witch Hazel) Extract, Caprylyl Glycol, Alcohol Denat., Butylene Glycol, Xanthan Gum, Hydroxypropyl Cyclodextrin, Maltodextrin, Sorbitan Olivates, Phenoxyethanol

## Masks

### HydraCalm Mask

Aqua (Water), Glycerin, Propanediol, Butylene Glycol, Pentylene Glycol, Squalane, Agave Tequilana (Blue Agave) Leaf Extract, Mirabilis Jalapa Flower/Leaf/Stem Extract, Sodium Hyaluronate (L), Totarol, Bisabolol (L-alpha), Allantoin, Beta-Glucan (D), Hydrolyzed Jojoba Esters, Lonicera Caprifolium (Honeysuckle) Flower Extract, Lonicera Japonica (Honeysuckle) Flower Extract, Hydroxypropyl Starch Phosphate, Caprylyl Glycol, Alcohol Denat., Sodium Gluconate, Caprylhydroxamic Acid, Carbomer, Potassium Sorbate, Phenethyl Alcohol, Benzyl Alcohol

### Brighten-C Mask

Aqua (Water), Caprylic/Capric Triglyceride, Stearic Acid, Glycerin, Cetyl Alcohol, Cetearyl Oliviate, Hydroxypropyl Starch Phosphate, Carthamus Tinctorius (Safflower) Seed Oil\*, Sorbitan Oliviate, Leuconostoc/Radish Root Ferment Filtrate, Undecylenoyl Phenylalanine, Ascorbic Acid (L), Nonapeptide-1, Palmitoyl Tripeptide-5, Rumex Occidentalis Extract, Sodium Hyaluronate (L), Diglucosyl Gallic Acid, Xanthan Gum, Sodium Hydroxide, Caprylhydroxamic Acid, Dextran, Butylene Glycol, Sodium Gluconate, Sodium Stearoyl Glutamate, Benzyl Alcohol

### Soothing Clay Mask

Aqua (Water), Glycerin, Bentonite, Kaolin, Illite, Glyceryl Ricinoleate, Alcohol Denat., Cetearyl Oliviate, Leuconostoc/Radish Root Ferment Filtrate, Caprylyl Glycol, Cetyl Alcohol, Cetearyl Alcohol, Stearyl Alcohol, Sorbitan Oliviate, Polysorbate 60, Sodium Gluconate, Charcoal Powder, Citric Acid, O-cymen-5-OL, Hamamelis Virginiana (Witch Hazel) Water, Alcohol

### Eye Care

#### Antioxidant Peptide Eye Gel

Aqua (Water), Glycerin, Palmitoyl Tripeptide-38, Palmitoyl Tripeptide-1, Palmitoyl Tetrapeptide-7, Acetyl Tetrapeptide-5, Coffea Robusta (Green Coffee) Seed Extract, Ptychopetalum Olacoides Bark/Stem Extract, Pfaffia Paniculata Root Extract, Lilium Candidum Flower Extract, Albizia Julibrissin Bark Extract, Aloe Barbadensis Leaf Juice Powder\*, Darutoside, N-Hydroxysuccinimide, Glycosaminoglycans, Chrysin, Carbomer, Hydroxypropyl Cyclodextrin, Sodium Gluconate, Caprylhydroxamic Acid, Sodium Hydroxide, Caprylyl/Capryl Glucoside, Steareth-20, Benzyl Alcohol, Phenoxyethanol, Ethylhexylglycerin

### Lactic Peel

Aqua (Water), Lactic Acid (L), Glycerin, Polyacrylate Crosspolymer-6, Isomalt, Phenoxyethanol, Benzyl Alcohol, Potassium Azeloyl Diglycinate, Kojic Acid, Sodium Gluconate, Caprylhydroxamic Acid, Lecithin, Ethylhexylglycerin, Hydrolyzed Opuntia Ficus-Indica Flower Extract, Diglucosyl Gallic Acid, Symphytum Officinale Callus Culture Extract, Hexanoyl Dipeptide-3 Norleucine Acetate

### Hydrating Treatment Enzyme Mask

Avena Sativa (Oat) Kernel Protein, Pancreatin, Medicago Sativa (Alfalfa) Powder, Matricaria Recutita (Chamomile Powder), Sorbitol, Cellulose Gum, Sodium Bicarbonate

face reality™  
SKINCARE

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