Introduction
Why is Adult Acne on the Rise? ......................................................... 2
Treating Adult Acne ........................................................................ 3
Introducing Dermalogica’s MediBac Clearing System .................. 6
Key Ingredients ................................................................................ 7
New! Clearing Skin Wash ................................................................. 8
Reformulated! Skin Purifying Wipes ............................................. 9
New! Clearing Mattifier .................................................................. 10
Reformulated! Oil Control Lotion .................................................. 11
New! Overnight Clearing Gel ......................................................... 12
Special Clearing Booster ............................................................... 13
New! Concealing Spot Treatment ................................................ 14
New! Sebum Clearing Masque ....................................................... 15
New! Oil Free Massage ................................................................. 16
New! MediBac Clearing™ Complex ............................................... 17
New! MediBac Clearing™ Masque System .................................. 18
Skin Exfoliant System .................................................................... 19
Professional MediBac Clearing™ Treatment ............................. 20
MediBac Clearing™ Treatment Step-By-Step ............................. 21
Questions and Answers ................................................................. 26

mediBac clearing™
training manual

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introduction

Skin care professionals and dermatologists alike report that post-adolescent acne is on the rise. More than ever before, adults are enduring the challenges of oily and acneic skin conditions. Clinical studies indicate that between 40 and 55 percent of the adult population in the 20-40 age group are diagnosed with a low grade, persistent acne and oily skin. According to the Journal of American Academy of Dermatology, 54% of women older than age 25 have some facial acne, which is most likely attributed to hormonal fluctuations that trigger excess sebum resulting in acne. 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. Acne arising in adulthood is more likely to be inflammatory, with fewer comedones than teenage acne, and with lesions predominantly located around the mouth, chin and jaw line. Likewise, adults often have sensitized skin, or a combination of skin conditions in addition to their acne, which makes treatment more challenging than treatment of teens who generally have a more resilient, uniform oily skin condition.

Many of the products prescribed for clients with acne or oily skin are often created for teens and are too harsh and irritating for daily use on more mature adult skin. Dermalogica initially addressed the need for less irritating yet effective acne treatment products in 1998 with the introduction of Anti-Bac Skin Wash, Skin Purifying Wipes and Oil Control Lotion, and again in 2001 with the introduction of Post Extraction Solution (professional use only), Anti-Bac Cooling Masque, Medicated Clearing Gel and Sebum Control Serum (professional use only). Over the years, The International Dermal Institute has continued to do research on acne and the ingredients and technology available to treat this skin condition.

As a result of our continued research we are introducing MediBac Clearing™ – a twenty-four hour treatment system formulated specifically with state-of-the-art ingredient technology to treat, clear and prevent adult acne. Each product, with its unique acne-fighting and clearing ingredients, is designed to be layered onto the skin to provide around-the-clock, maximum control of the factors that contribute to acne.

questions and answers

q. How is the MediBac Clearing™ system different from Dermalogica’s current line of treatment products for oily-prone and acneic skin?
   a. Our existing line of products (such as Dermal Clay Cleanser) focus more on oil secretion and congestion, whereas MediBac Clearing™ products contain a new ingredient technology to address the 4 main contributing factors of acne: overactive sebaceous glands, bacteria and inflammation.

q. What kind of clients are MediBac Clearing™ products for?
   a. MediBac Clearing™ products are designed for adult clients suffering with acne. They could be clients who had acne as teens, or first-time sufferers of the condition. The MediBac Clearing™ system is great for adults because the ingredients work to fight acne and control oil production all while helping to control the inflammatory process that leads to aging. However, the products can also be prescribed as an effective regimen for teens.

q. What makes adult acne different from teenage acne?
   a. Acne arising in adulthood is more likely to be inflammatory, with fewer comedones than teenage acne, and with lesions predominantly located around the mouth, chin and jaw line. Adult acne tends to be more associated with stress levels and fluctuating hormones.

q. What products should I prescribe if I have a client who has oily skin, but very few problems with breakouts?
   a. If after performing Face Mapping® you find no signs of inflammation but do find oily skin, prescribe Dermal Clay Cleanser, Gentle Cream Exfoliant and Skin Refining Masque, along with the appropriate products from the MediBac Clearing™ line, including Oil Control Lotion and Clearing Mattifier to spot treat sporadic breakouts and control sebum production.

q. What if my clients return to me saying that the use of the MediBac Clearing™ system has caused them to breakout even more than before?
   a. Whenever skin is introduced to a new treatment regimen, it will go through a period of adjustment. It is imperative that you let clients know that this adjustment phase is temporary as well as necessary, as the skin is working to detoxify itself as impurities are forced to the surface.

q. If I am treating a client with a considerable amount of breakouts and acneic skin problems, what kind of treatment regimen should I recommend?
   a. Refer to page 20 of this Training Manual to read more about prescribing our new MediBac Clearing™ Treatment, and how Face Mapping® skin analysis will help determine if the acne skin condition is mild, moderate or severe.

Warning: Pregnant women should consult their doctor before using any Salicylic Acid products.
why is adult acne on the rise?

Triggered by hormones, acne can occur at any stage of our lifespan. The primary aggravating factor leading to adult acne is chronic stress. We all know that acute stress and temporary stress can cause a breakout from time to time. But chronic, continual stress increases hormone levels, which can lead to an increase in oil production.

One reason why adult acne is on the rise in the female population is because of the additional responsibilities that have increased women’s stress levels. The pressure to work outside the home to help maintain a steady family income while maintaining a functioning household is unique to this generation of women in their 20s, 30s and 40s. Combine workplace stress with household responsibilities, cosmetics that contain known skin irritants and monthly hormone fluctuations, and you have a perfect breeding ground for the formation of adult acne.

Adult acne can 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 increase in overactivity of the sebaceous glands and leads to the continued cycle of breakouts. And externally, the need to “pick” or “squeeze” breakouts places even more acne-causing bacteria on skin.

Some dermatologists choose to place female clients suffering with adult acne on oral contraceptives. Oral contraceptives contain estrogen and progestin, which can help decrease the androgen activity responsible for adult acne. While often effective, this does leave clients open to side effects that accompany oral contraceptives, including bloating, nausea and an increased risk for blood clots and strokes.

Dermatologists may also choose to put clients on a specific type of steroid, such as prednisone, to reduce the stress-related hormone reaction. However, steroids taken internally or applied topically can aggravate acne: not to mention that any kind of prolonged use of steroids can have adverse effects on one’s health.

As professional skin therapists, we must recognize that chronic stress is often the trigger for adult acne. Speak with your client about their symptoms as well as their lifestyle to outline a professional treatment program and a home care regimen that will maintain clear skin.

what is acne?

Acne is often described as a disease involving the sebaceous follicles and hair follicles of the skin. It occurs in people who have a genetic predisposition: if acne runs in the families of both parents, three out of four children may suffer from it.

Sebaceous and hair follicles are associated with a sebaceous gland that produces sebum, a complex mixture of lipids. In the hair follicle, the hair acts as a wick, transporting sebum and other cellular debris to the surface of the skin, where it is ultimately removed. Inflammation or infection is rarely associated with this type of follicle, unless the hair becomes ingrown or the opening of the hair follicle becomes clogged.

The sebaceous follicle, usually lacking a hair or containing only a rudimentary fine hair, is generally associated with the disease acne. Activity of the sebaceous gland is stimulated by many factors, including the onset of puberty, hormonal fluctuations, pharmaceutical agents, stress, using inappropriate products on the skin, heat, friction and humidity.
what are the four main factors that contribute to acne?

There are four main factors that contribute to acne:

1. overactive sebaceous glands, 2. cell accumulation, 3. bacteria and 4. inflammation.

1) Overactive Sebaceous Glands

Despite which form of acne is prevalent on the client, it is known that sebum production or oil is the catalyst for the series of events that result in acne or skin breakouts. Often times, the client will not think they have even a mild form of acne and will attribute their skin condition to excess oiliness. As skin care professionals, we know that this excess sebum is often associated with enlarged pores, a tendency toward follicle congestion and an oily T-zone.

To really understand how we can affect this skin condition we need to take a closer look at what is actually occurring in the skin to trigger this excess sebum. In men, testosterone is secreted by the male sexual organs, and in women it originates from the ovaries and adrenal glands. In both sexes, it is secreted into the body and enters into the sebaceous gland where the enzyme, 5-alpha reductase, converts the testosterone into di-hydrotestosterone; this in turn stimulates sebum formation in the sebaceous glands. Because 5-alpha reductase is sensitive to hormone levels, it goes into overdrive causing an excess production of sebum when testosterone levels escalate. This is very noticeable obviously during puberty. However, recent studies have shown that hormone levels alone are not solely responsible for sebum production. It has been shown that the enzyme may increase its sensitivity to testosterone triggering excess sebum production even when lower levels of the hormone are present. Unfortunately, the cause of this phenomenon is not known, however, it does account for why excess sebum can occur when testosterone levels are not elevated. In the past decade, scientists have discovered several new ingredients that have been shown to regulate sebaceous gland secretions by inhibiting 5-alpha reductase enzyme activity and by decreasing overall lipid formation in the sebaceous glands.

the process of hormonal influence upon the sebaceous gland

mediBac clearing™ treatment continued

13. Use a Dr. Lucas Pulverisator™ infused with Purifying Botanical Mixer.
14. Spritz with Multi-Active Toner.
15. Apply Clearing Mattifier to oily/congested areas.
16. Apply Oil Control Lotion, appropriate Dermalogica Moisturizer, or Oil Free Matte Block SPF20 to act as client’s moisturizer and sun protection.
17. Apply Concealing Spot Treatment directly to breakouts.
mediBac clearing™ treatment continued

7. Apply Scaling Fluid and perform desincrustation with galvanic current on the negative pole for a minimum of 4 minutes. Note: To customize, whip 1 teaspoon Scaling Fluid to a foamy consistency, then add 2 drops of Purifying Botanical Mixer.

8. Perform manual extractions where necessary, focusing on areas of congestion, working to remove both open and micro comedones. Note: You have the option of following extractions with direct high frequency: apply dry gauze to the face and use high frequency for a minimum of 4 minutes.

9. Dampen a cotton pad with Post Extraction Solution and wipe over the areas requiring an antiseptic and soothing action. This procedure may follow directly after performing manual extractions if high frequency is not being performed. If using prior to performing high frequency, ensure the skin is very dry.

10. Perform Manual Lymphatic Drainage or Dermalogica’s Pressure Point Massage with Clearing Additive or 4 drops (one shake) of Purifying Botanical Mixer mixed with 3-4 pumps of Oil Free Massage. After the massage, remove Oil Free Massage with sponges or a warm steam towel customized with Purifying Botanical Mixer. For additional conductivity and safety when using galvanic current, perform galvanic Iontophoresis on the positive pole for 3-5 minutes.

11. If electrical modalities are available: Press 6 drops of MediBac Clearing™ Complex onto the skin (if not previously used in the treatment) and perform galvanic iontophoresis on the positive pole for 3-5 minutes. For additional conductivity and safety when using galvanic current, apply a layer of Colloidal Masque Base before or mix in with MediBac Clearing™-Complex.

12. Mix 1 scoop of MediBac Clearing™ Masque - Part 1 (powder) with 1 scoop of water and 6 drops of MediBac Clearing™ Masque - Part 2 (liquid). Mix to the consistency of Dermal Clay Cleanser. Press 6-10 drops of MediBac Clearing™ Complex onto skin, Apply with Fan Masque Brush. Remove after 7-10 minutes with damp sponges or a dark steam towel customized with Purifying Botanical Mixer. Note: Use Multi-Active Toner or Eco Spray to help soften the masque prior to the removal with sponges or a steam towel.

what are the four main factors that contribute to acne? continued

2) Cell Accumulation and 3) Bacteria

In a normal follicle (Image A), dead surface cells are continually sloughed from the epidermal canal and are deposited at the surface of the skin.

However, when acne is present, a proliferation of cells occurs at the neck of the follicle, accompanied by excess sebum that causes the cells to stick together along with bacteria (usually Propionibacterium acnes, which is also known as Corynebacterium acnes): the conglomerate of the sebum and cells leads to formation of an impact plug that provides a nice anaerobic environment for the bacteria to thrive in. This process, whereby abnormal desquamation of sebaceous-follicle epithelium results in altered keratinization, is often called retention hyperkeratosis. This first stage impacted follicle is often referred to as a micro comedone. Researchers have found that there are fewer lamellar granules in the Stratum Granulosum of acneic skin. As the lamellar granules contain the desquamation enzymes and lipids that comprise the barrier layer in the intercellular spaces, this could account for the accumulation of cells in the follicle canal. Likewise, acneic skin is more permeable around the sebaceous gland and follicle, which may lead to leakage and inflammation into surrounding tissues. Studies have shown that linoleic acid, an essential fatty acid that is a component of the barrier lipid layer, is indeed deficient in acneic clients.

The bacteria in the follicle excrete a lipase enzyme to break down the sebum triglycerides into fatty acids and glycerol. The sebum is used as a food source and the free fatty acids are merely waste products that irritate the lining of the follicle. At this point, the disease may result in non-inflammatory lesions and simply produce closed comedones (whiteheads – Image B) which may turn into open comedones (blackheads – Image C) and expel their contents.

4) Inflammation

Inflamed lesions may also result, whereby the follicle wall ruptures forming a papule (Image D). If the break in the follicle is close to the surface, a pustule results (Image E). If it is deeper, a nodule forms. In some cases, a membrane entraps the infection and a cyst develops. Regardless, matrix metalloproteinase (MMPs) enzymes are stimulated to help repair the damaged tissue and white blood cells invade the area: this is when inflammation sets in.

In the latter case, scientists have discovered that specific ingredients can inhibit the lipase enzyme in the bacteria that is responsible for breaking down sebum triglycerides into free fatty acids that are known to cause irritation in the skin. Controlling the breakdown of triglycerides helps minimize inflammation due to the free fatty acids; and since the fatty acids are often attacked by free radicals leading to additional irritation, if we can inhibit the formation of the free fatty acids then we can effectively prevent inflammation before it occurs.

continued on next page
In order to control acne, we must interrupt the degeneration of the follicle by affecting the four main contributing factors. The International Dermal Institute has researched several new ingredients that are extremely effective in controlling acne. We can classify these ingredients according to the problem that each specifically addresses.

By inhibiting the activity of overactive sebaceous glands, we not only eliminate the food source for the bacteria, but we also eliminate oily shine and create a more esthetically-pleasing appearance for the client. The following ingredients are known sebum-regulating agents: Nordihydroguaiaretic Acid, Niacinamide, Yeast Extract, Horse Chestnut Extract, Acrylates Copolymer (microsponges), Sarcosine and Zinc Gluconate.

To control cell accumulation we need to stimulate natural exfoliation superficially as well as in the follicle lining. By exfoliating to remove surface cells that have not been shed, we can help eliminate the impaction of follicles which triggers the early stages of comedone formation. The following are known exfoliating agents: Salicylic Acid, Lactic Acid, Sulfur and Papain.

By controlling bacteria on the skin’s surface and in the follicle, and the lipase activity, we can control the source of fatty acids that contribute to irritation. The following ingredients are known anti-bacterial agents: Benzoyl Peroxide, Spiraea Ulmaria Extract, Cinnamon Extract, Salicylic Acid, Tea Tree Oil, Zinc Gluconate, Zinc Sulfate, Balm Mint Extract, Rosemary Extract, Sulfur and Papain.

By controlling inflammation caused by adult acne under control, we must consider the application of topical anti-inflammatory repair agents, botanicals and humectants to help the healing process and soothe inflamed skin. The following are known anti-inflammatory and reparative agents: Green Tea, Panthenol, Camphor, Bisabolol, Allantoin, Coneflower, Oat Extract and Licorice.

To help keep cell accumulation caused by adult acne under control, we must consider the application of topical anti-inflammatory repair agents, botanicals and humectants to help the healing process and soothe inflamed skin. The following are known anti-inflammatory and reparative agents: Green Tea, Panthenol, Camphor, Bisabolol, Allantoin, Coneflower, Oat Extract and Licorice.

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introducing dermalogica’s mediBac clearing™

system

The MediBac Clearing™ system consists of new products as well as a reintroduction of new and improved formulations of some of our existing products: all of which work to address the four main causes of acne.

New! Clearing Skin Wash
(retail and professional)

Reformulated! Skin Purifying Wipes
(retail)

New! Clearing Mattifier (retail)

Reformulated! Oil Control Lotion
(retail and professional)

New! Overnight Clearing Gel (retail)

Special Clearing Booster (retail)

New! Concealing Spot Treatment (retail)

New! Sebum Clearing Masque (retail)

New! Oil Free Massage (professional)

New! MediBac Clearing™ Complex (professional)

New! MediBac Clearing™ Masque System (professional)

Skin Exfoliant System (professional)

In keeping with the Dermalogica philosophy, all products are non-comedogenic and free of lanolin, mineral oil, S.D. alcohol, artificial colors and fragrances, and are packaged in hygienic contamination-free packaging.

For your professional skin treatments, you may also select from our current line of professional products to treat, clear and prevent adult acne.

For extraction work and desincrustation:
Scaling Fluid
Post Extraction Solution

For more information on these products, refer to pages 141 and 142 in The Book, Vol. 3.

To decongest and purify skin:
Clearing Additive
Purifying Botanical Mixer

For more information on these products, refer to pages 148 and 152 in The Book, Vol. 3.

continued on next page
key ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
<th>Found in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camellia Oleifera (Green Tea)</td>
<td>Soothes and calms inflammation associated with acne.</td>
<td>Clearing Mattifier, Overnight Clearing Gel</td>
</tr>
<tr>
<td>Camphor</td>
<td>Cooling and antiseptic extract with anti-bacterial properties.</td>
<td>Clearing Skin Wash, Skin Purifying Wipes, Oil Control Lotion, MediBac Clearing™ Masque System, Clearing Spot Treatment, Overnight Clearing Gel, Sebum Clearing Masque, MediBac Clearing™ Complex, Oil Free Massage</td>
</tr>
<tr>
<td>Cinnamon Extract</td>
<td>Regulates sebum production and helps reduce acne-type lesions.</td>
<td>Clearing Mattifier, Conceling Spot Treatment, Sebum Clearing Masque</td>
</tr>
<tr>
<td>Coneflower</td>
<td>Has anti-bacterial and anti-inflammatory properties.</td>
<td>Skin Purifying Wipes</td>
</tr>
<tr>
<td>Enantia Chilantora Bark Extract</td>
<td>Helps regulate sebaceous gland secretions while scavenging free radicals.</td>
<td>Clearing Mattifier, Oil Control Lotion</td>
</tr>
<tr>
<td>Methyl Methacrylate/Glycol Dimethylacrylate Crosspolymer (microsponges)</td>
<td>Absorbs excess oil on skin's surface to help prevent shine and maintain a matte finish.</td>
<td>Oil Control Lotion</td>
</tr>
<tr>
<td>Niacinamide, Zinc Gluconate, Caffeine, and Biotin</td>
<td>Combination of ingredients regulates sebaceous gland secretions by inhibiting 5-alpha reductase enzyme activity while scavenging free radicals.</td>
<td>Clearing Gel, Conceling Spot Treatment, Sebum Clearing Masque, MediBac Clearing™ Complex, Oil Free Massage, MediBac Clearing™ Masque System</td>
</tr>
<tr>
<td>Norhydroguaiaretic Acid</td>
<td>Regulates cell proliferation and sebaceous activity by decreasing overall lipid formation in the sebaceous glands. Also helps with inflammation.</td>
<td>Overnight Clearing Gel, MediBac Clearing™ Complex</td>
</tr>
<tr>
<td>Salicylic Acid</td>
<td>A beta hydroxy acid that aids in clearing congested follicles. Also stimulates natural exfoliation, helping to clear impacted follicles and minimize acne formation.</td>
<td>Clearing Skin Wash, Skin Purifying Wipes, Clearing Mattifier, Oil Control Lotion, Overnight Clearing Gel, Conceling Spot Treatment, Sebum Clearing Masque, MediBac Clearing™ Complex, MediBac Clearing™ Masque Part 1</td>
</tr>
<tr>
<td>Sarcosine</td>
<td>Regulates sebum production and inhibits lipase activity in bacteria.</td>
<td>Clearing Gel, Conceling Spot Treatment, Sebum Clearing Masque, MediBac Clearing™ Complex, MediBac Clearing™ Masque Part 1</td>
</tr>
<tr>
<td>Spiraea Ulmaria Extract</td>
<td>Rich in phenolic acids that inhibit bacteria by stimulating the skin's natural anti-bacterial agents. Also acts as an anti-inflammatory.</td>
<td>Overnight Clearing Gel, Sebum Clearing Masque</td>
</tr>
<tr>
<td>Sulfur</td>
<td>Cleans skin by eliminating bacteria associated with acne and by clearing excess oil and congestion in the follicle.</td>
<td>Conceling Spot Treatment, MediBac Clearing™ Complex, Oil Control Lotion, Overnight Clearing Gel, Conceling Spot Treatment, Sebum Clearing Masque, MediBac Clearing™ Complex, Oil Free Massage, MediBac Clearing™ Masque System</td>
</tr>
<tr>
<td>Yeast Extract</td>
<td>Assists in controlling sebaceous gland secretions and aids in repair of tissues.</td>
<td>Clearing Mattifier, Oil Control Lotion, Overnight Clearing Gel</td>
</tr>
<tr>
<td>Zinc Sulfate</td>
<td>Helps regulate sebaceous gland secretions and helps eliminate bacteria.</td>
<td>Special Clearing Booster</td>
</tr>
</tbody>
</table>

professional mediBac clearing™ treatment

Over $100 USD million is spent by consumers who are self-selecting and self-prescribing acne treatment products. Not only are these products not delivering the correct results, but consumers are missing a critical element in the successful treatment and prevention of adult acne: the professional skin treatment.

In addition to the introduction of MediBac Clearing™ retail and professional products, The International Dermal Institute has researched and developed the MediBac Clearing™ Treatment to intensify the effectiveness of the prescribed home care regimen. This treatment will act as the foundation and continued maintenance program for healthy, consistently clear skin.

Prescribe the MediBac Clearing™ Treatment based upon your Face Mapping® skin analysis that determines if the acne is severe, moderate or mild.
**Acneic and breakout-prone skin.**

A non-irritating, naturally-foaming cleanser that is the perfect start to around-the-clock control of breakouts, comedones and excess surface oils.

- Naturally-foaming cleanser clears away excess oil without stripping skin.
- Synergistic combination of anti-acne botanicals and Salicylic Acid help clear skin.
- Soothing botanicals help calm inflamed, irritated skin.
- Helps prevent future breakouts.
- Salicylic Acid aids in clearing congested follicles and soothing irritation.
- An anti-acne blend of botanical extracts including Licorice, Calendula, Milk Thistle, Lemon Peel, Arnica and Bergamot works with Salicylic Acid to help prevent future breakouts.
- Tea Tree, Burdock, Eucalyptus, Golden Seal and Chamomile help eliminate bacteria.
- Camphor and Menthol cool inflammation.

1. Perform the Dermalogica Double Cleanse that begins with PreCleanse.
2. Work a pea-sized amount into a lather in wet hands.
3. Apply to dampened face and throat, massaging in circular motions while concentrating on areas of congestion and oiliness. Avoid eye area.
4. Rinse thoroughly with warm water.
5. Follow with Skin Purifying Wipes and prescribed MediBac Clearing™ regimen.

**Skin Exfoliant System**

- Skin with excess oil production, skin prone to breakouts.
- A two-part exfoliation system comprised of an enzyme powder base and a liquid acid activator. Skin Exfoliant System can be used as the peeling process in a professional treatment or offered as a series of peeling treatments. If used as part of a regular skin treatment, do not use in conjunction with any other peel or exfoliant.
- Gives visible results after one treatment but is gentle enough for frequent use.
- Provides a professional strength exfoliation system that is non-abrasive and active enough for resistant skin conditions.
- This combination of powder and liquid ensures that the ingredients are activated only when ready for application.
- Self-neutralizing action ensures a safe exfoliation.
- **Enzymatic Base, Part A** has active enzymes of Bromelain and Papain, which digest the protein of dead skin cells, leaving the skin’s surface smooth and refined.
- **Acidic Activator, Part B** has a base of Lactic Acid, Salicylic Acid and Sulfur to gently detach the surface cells, stimulating new cell renewal.

1. In the mixing bowl provided, blend one scoop (tablespoon) of **Enzymatic Base, Part A** with one teaspoon **Acidic Activator, Part B** until creamy smooth.
2. Apply using the Dermalogica Fan Masque Brush, working carefully around the eye area.
3. Leave on the skin for 10 minutes; the exfoliant will dry and set. Do not place under steam, unless the skin is sensitive, as steam will accelerate the exfoliation process by making the product neutralize more rapidly.
4. Rinse off thoroughly with sponges and tepid water, or a steam towel customized with appropriate Botanical Mixer. Note: See page 22, step 6 of this Training Manual for additional treatment options.

Clients using Retin-A, Renova, Adapalene or any other exfoliating product must discontinue use at least 2 weeks before undergoing this treatment. Clients who are taking Accutane, or have taken Accutane within the past six months, should not receive any exfoliation treatments. Do not perform exfoliation on sunburned or irritated skin, or on skin that has been waxed within 24 hours.

**New! Clearing Skin Wash**

- Acneic and breakout-prone skin.
- A non-irritating, naturally-foaming cleanser that is the perfect start to around-the-clock control of breakouts, comedones and excess surface oils.
- Naturally-foaming cleanser clears away excess oil without stripping skin.
- Synergistic combination of anti-acne botanicals and Salicylic Acid help clear skin.
- Soothing botanicals help calm inflamed, irritated skin.
- Helps prevent future breakouts.
- Salicylic Acid aids in clearing congested follicles and soothing irritation.
- An anti-acne blend of botanical extracts including Licorice, Calendula, Milk Thistle, Lemon Peel, Arnica and Bergamot works with Salicylic Acid to help prevent future breakouts.
- Tea Tree, Burdock, Eucalyptus, Golden Seal and Chamomile help eliminate bacteria.
- Camphor and Menthol cool inflammation.

1. Perform the Dermalogica Double Cleanse that begins with PreCleanse.
2. Work a pea-sized amount into a lather in wet hands.
3. Apply to dampened face and throat, massaging in circular motions while concentrating on areas of congestion and oiliness. Avoid eye area.
4. Rinse thoroughly with warm water.
5. Follow with Skin Purifying Wipes and prescribed MediBac Clearing™ regimen.

**Key Ingredients**

- **Enzymatic Base, Part A** has active enzymes of Bromelain and Papain, which digest the protein of dead skin cells, leaving the skin’s surface smooth and refined.
- **Acidic Activator, Part B** has a base of Lactic Acid, Salicylic Acid and Sulfur to gently detach the surface cells, stimulating new cell renewal.

**Professional Application**

1. Perform the Dermalogica Double Cleanse that begins with PreCleanse. Note: Upon beginning second cleanse with Clearing Skin Wash, steam may be used to facilitate the cleansing process by further softening the skin.
2. Lather **Clearing Skin Wash** and apply with a flowing effleurage, spreading movement over the entire face, throat and upper décolleté. Ensure slip-and-glide by combining with water customized with **Purifying Botanical Mixer**.
3. The routine should commence with rhythmic roll-patting strokes, paying careful attention to areas of congestion (including the center of the nose, chin and forehead).
4. Damp sponges, steam towels or **The Sponge Cloth** customized with **Purifying Botanical Mixer** should be used to remove all traces of cleanser.

**Communications**

- Product contains Salicylic Acid and may irritate very sensitive skin. Discontinue use if client experiences undue redness or burning. See product package for additional warnings.
reformulated! skin purifying wipes

- Acneic and breakout-prone skin.

Hygienic, quick-cleansing wipes that help purify skin while removing excess surface oil and impurities. Witch Hazel helps keep skin clean and fresh, and the convenient pack goes everywhere, making it perfect for travel, office, gym and outdoor enthusiasts.

**Benefits**
- Provides anti-bacterial protection to the skin’s surface to help prevent future breakouts.
- May be used after cleansing or during the day to remove oil and keep skin fresh.
- Salicylic Acid stimulates natural exfoliation, helping to clear impacted follicles and minimize acne formation.
- Botanical extracts of Balm Mint, Coneflower and Camphor purify and soothe irritated skin while Witch Hazel refreshes.

**At-Home Application**
1. Lift tab to open.
2. Remove a wipe.
3. Apply over face, back or other oily areas after cleansing and throughout the day as a hygienic touch-up.
4. Reseal label tab to prevent wipes from drying.

Product contains Salicylic Acid and may irritate very sensitive skin. Discontinue use if client experiences undue redness or burning. See product package for additional warnings.

new! mediBac clearing™ masque system

- Acneic and breakout-prone skin.

A two-part medicated treatment masque comprised of a Sulfur and mineral clay-based powder to clear bacteria and help reduce excess sebum and a liquid base containing skin-calming botanicals to soothe irritation brought on by breakouts.

**Key Ingredients**
- Sulfur clears the skin by eliminating bacteria associated with acne and by clearing excess oil and congestion in the follicle.
- Activated Charcoal, a natural skin purifier, helps absorb oils and impurities.
- Diatomaceous Earth and Bentonite clays absorb excess sebum.
- Calming Licorice and Panthenol (Pro-Vitamin B₅) help neutralize irritation associated with the most mild to the most severe acne conditions.
- MediBac Clearing™ Masque - Part 1 is a unique Sulfur and Charcoal powder masque that regulates sebum production and helps eliminate bacteria associated with breakouts.
- MediBac Clearing™ Masque - Part 2 contains soothing Camphor, antiseptic Tea Tree Oil and hydrating Panthenol (Pro-Vitamin B₅) to help soothe and calm skin.

**Professional Application**
1. Press 6-10 drops of MediBac Clearing™ Complex onto skin before applying masque.
4. Apply to face and throat, or apply to the T-zone only. Avoid eye area.
5. Remove after 10 minutes with sponges or steam towels customized with Purifying Botanical Mixer.
new! mediBac clearing™ complex

**Acneic and breakout-prone skin.**

A lightweight medicated treatment that penetrates deeply to treat the underlying causes of acne. This professional-use-only product clears congested follicles, regulates sebum production, soothes irritated skin and helps eliminate bacteria to promote skin clarity.

- A medicated treatment product that clears follicles of congestion and promotes long-term follicle clarity.
- Regulates excess sebum production, soothes inflammation and helps eliminate bacteria.
- Product penetration may be enhanced when used in conjunction with galvanic current.

**Key Ingredients:**
- Salicylic Acid sloughs off dead skin cells, helping to reduce congestion and prevent future breakouts.
- Niacinamide, Yeast Extract, Horse Chestnut, Licorice, Panthenol (Pro-Vitamin B₅) and Caffeine regulate sebum production, provide astringent properties to the skin and soothe inflammation.
- Zinc Gluconate and Caffeine help regulate sebum production and help control bacterial metabolism of sebum-reducing inflammation.

**Benefits:**
- Salicylic Acid aids in clearing congested follicles and soothing skin irritation.
- Retinyl Palmitate (Vitamin A) acts as a natural exfoliant.
- Camellia Oleifera (Green Tea), Licorice and Chamomile soothe and calm inflammation.
- Niacinamide, Yeast Extract, Horse Chestnut, Licorice, Panthenol (Pro-Vitamin B₅) and Caffeine act as bioregulators of sebaceous secretions in skin, reducing oil and shine.
- A patent-pending Cinnamon Bark blend inhibits bacterial lipid metabolism and degradation of enzymes while eliminating bacteria, providing astringent properties and helping to reduce comedones for clearer skin.
- Grape Seed Extract, Panthenol (Pro-Vitamin B₅) and Vitamin E condition and provide critical defense against free radical damage.

**Application:**
1. Press 6 to 10 drops onto skin before applying Oil Control Lotion or prescribed Dermalogica Moisturizer.
2. Press 6 to 10 drops onto skin before applying MediBac Clearing™ Masque System.
   - **Optional:** Press 6 to 10 drops onto skin before applying MediBac Clearing™ Masque System.
   - For increased product penetration perform Iontophoresis for 4-7 minutes with MediBac Clearing™ Complex under Colloidal Masque Base.
3. For best skin clearing results, use daily in the morning, and use Overnight Clearing Gel in the evening.

**Contraindications:**
- Use with caution on highly sensitive skin. Discontinue use if client experiences undue redness or burning. See product package for additional warnings.

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new! clearing mattifier

**Acneic and breakout-prone skin, or areas of excess oil production.**

A medicated topical treatment that clears breakouts, reduces congestion and controls shine. Organic Silicones melt gently into skin to help diminish fine lines and smooth skin texture. Niacinamide, Zinc Gluconate, Yeast Extract, Caffeine and Biotin purify and inhibit overactive sebaceous activity while Salicylic Acid clears congested follicles to minimize future breakouts.

- Smoothes skin texture and diminishes fine lines while providing superior shine control.
- Inhibits overactive sebaceous activity.
- Exfoliates impaction plugs and clears congested follicles to minimize future breakout activity.
- Soothes irritation and inflammation associated with breakouts.

**Key Ingredients:**
- Salicylic Acid aids in clearing congested follicles and soothing skin irritation.
- Retinyl Palmitate (Vitamin A) acts as a natural exfoliant.
- Camellia Oleifera (Green Tea), Licorice and Chamomile soothe and calm inflammation.
- Niacinamide, Yeast Extract, Horse Chestnut, Licorice, Panthenol (Pro-Vitamin B₅) and Caffeine act as bioregulators of sebaceous secretions in skin, reducing oil and shine.

**Benefits:**
- Salicylic Acid aids in clearing congested follicles and soothing skin irritation.
- Retinyl Palmitate (Vitamin A) acts as a natural exfoliant.
- Camellia Oleifera (Green Tea), Licorice and Chamomile soothe and calm inflammation.
- Niacinamide, Yeast Extract, Horse Chestnut, Licorice, Panthenol (Pro-Vitamin B₅) and Caffeine act as bioregulators of sebaceous secretions in skin, reducing oil and shine.
- A patent-pending Cinnamon Bark blend inhibits bacterial lipid metabolism and degradation of enzymes while eliminating bacteria, providing astringent properties and helping to reduce comedones for clearer skin.
- Grape Seed Extract, Panthenol (Pro-Vitamin B₅) and Vitamin E condition and provide critical defense against free radical damage.

**Application:**
1. After cleansing in the morning, apply sparingly to areas prone to excess oil production or breakouts.
2. If needed, follow with Oil Control Lotion or prescribed Dermalogica Moisturizer.
3. For best skin clearing results, use daily in the morning, and use Overnight Clearing Gel in the evening.

**Contraindications:**
- Use with caution on highly sensitive skin. Discontinue use if client experiences undue redness or burning. See product package for additional warnings.
reformulated! oil control lotion

Acneic and breakout-prone skin, or areas of excess oil production.

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. Active sebum regulating complex helps control oil production while Enantia Chlorantha Bark Extract helps reduce oily shine.

- Absorbs excess oil and eliminates shine while providing an all-day matte finish.
- Regulates sebum production.
- Soothes irritated skin while moisturizing.
- Helps eliminate congestion and prevent future breakouts.

- Salicylic Acid aids in exfoliation of dead surface cells to help keep follicles clear of congestion.
- Enantia Chlorantha Bark Extract helps regulate sebum to reduce oily surface shine.
- Niacinamide, Yeast Extract, Horse Chestnut, Licorice, Panthenol (Pro-Vitamin B5) and Caffeine regulate sebum production and soothe inflammation.
- Zinc Gluconate regulates overactive sebaceous glands.
- Hyssopus, a plant anti-microbial and anti-inflammatory, helps prevent future breakouts.

1. After cleansing with Clearing Skin Wash and toning with Skin Purifying Wipes, apply with light, upward strokes. May be re-applied as needed throughout the day.
2. Can be applied over or mixed with Special Clearing Booster or prescribed Dermalogica Booster for skin condition-specific results.

new! oil free massage

All skin conditions, especially skin with breakouts and excess oil production.

A silky, water-soluble and oil-free massage medium fortified with calming Lavender to provide long-lasting slip-and-glide while purifying skin and controlling sebum production. Butylene Glycol moisturizes without oils and Niacinamide and Zinc Gluconate regulate sebum production.

- Silky, oil-free fluid provides the perfect massage medium.
- Helps purify and calm skin.
- Ideal for oil-phobic clients, and clients experiencing breakouts and congestion.

- Lavender Extract base effectively calms and soothes.
- Panthenol (Pro-Vitamin B5) provides additional moisturization.
- Niacinamide and Zinc Gluconate, in combination with Yeast Extract, Horse Chestnut and Biotin, regulate sebum production in oily and acneic skin conditions.

1. Dispense 2 pumps into the palm of hand or a small mixing cup.
2. Add 6 to 10 drops of Purifying Botanical Mixer and mix together.
3. Rub between palms and fingertips and apply to skin using massage movements.
4. Remove with a warm steam towel or sponges.
new! overnight clearing gel

**skin condition**: Acneic and breakout-prone skin.

**description**: An overnight treatment gel that helps clear skin, calm inflammation and prevent future breakouts by reducing excess sebum, removing impaction plugs and eliminating bacteria.

**benefits**:
- Removes impaction plug from follicle to help prevent future breakouts and relieve congestion.
- Helps regulate sebum production.
- May be applied over the face or to zones experiencing breakthroughs and congestion.

**key ingredients**:
- Salicylic Acid sloughs off pore-clogging skin cells to inhibit development of further breakouts.
- Niacinamide and Biotin combine with Zinc Gluconate, Yeast Extract, Caffeine and Nordihydroguaiaretic Acid to inhibit overactive sebaceous gland activity, purify to promote skin clarity and help calm irritation brought on by breakouts.
- Naturally antiseptic Tea Tree Oil and Rosemary inhibit bacteria while Spiraea Ulmaria Extract stimulates the skin’s natural anti-bacterial agents.
- Green Tea soothes while Hyaluronic Acid hydrates.

**at-home application**:
1. At night, apply a thin layer all over cleansed face and allow to absorb.
2. In the morning, wash off with Clearing Skin Wash, then, for maximum treatment results, apply Clearing Mattifier to breakout-prone areas.
3. Use nightly as needed.

**contraindications**:
Product contains Salicylic Acid and may irritate very sensitive skin. Discontinue use if client experiences undue redness or burning. See product package for additional warnings.
special clearing booster

Topical treatment of breakouts.

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

- Dries breakouts quickly.
- Calming botanicals soothe redness and irritation.
- May be used to treat existing blemishes and to help prevent future ones.

Benzoyl Peroxide and Tea Tree eliminate bacteria in the follicles and help clear skin.

Botanical extracts of Calendula and Chamomile help treat acne while soothing irritation.

Zinc Sulfate helps eliminate bacteria and regulate sebum production.

1. Before moisturizing, apply as a spot treatment to problem areas and allow to dry.
2. Can also be used to boost clearing benefits of Oil Control Lotion, prescribed Dermalogica Moisturizer, and other MediBac Clearing™ products.
3. Apply every 6-8 hours as needed until breakout clears.

Benzoyl Peroxide may irritate very sensitive skin. Discontinue use if client experiences undue redness or burning. See product package for additional warnings.

new! concealing spot treatment

Topical treatment of breakouts.

An intense treatment with a natural-looking tint ideal for daytime coverage of breakouts. Sulfur and Zinc Oxide quickly target, conceal and help clear breakouts. An amazing alternative for those who prefer treatment products free of Benzoyl Peroxide.

- A spot treatment that quickly dries breakouts.
- Natural tint works to conceal breakouts while they are being treated.
- Helps eliminate bacteria associated with acne while clearing congestion to help prevent future breakouts.

Concentrated Sulfur and Zinc Oxide help clear skin by eliminating bacteria associated with acne and clearing excess oil and congestion in the follicle.

Salicylic Acid sloughs off dead skin cells, helping to reduce congestion and prevent future breakouts.

Niacinamide, Zinc Gluconate, Yeast and Cinnamon Bark extracts, Caffeine and Biotin purify and inhibit overactive sebaceous gland activity while soothing irritation.

1. Shake well before each use.
2. For continuous control of breakouts, pat gently onto afflicted area as needed throughout the day. Use over Oil Control Lotion or prescribed Dermalogica Moisturizer.
3. Allow to dry.
4. Use until breakout has cleared.

Product contains Sulfur. Perform a patch test on an inconspicuous area of the skin (such as behind the ear) and check for reactions after 24 hours. If there is a reaction, do not use.

Product contains Salicylic Acid and may irritate very sensitive skin. Discontinue use if client experiences undue redness or burning. See product package for additional warnings.