

Acne

Which products are best for your skin?

Acne can be a complex issue to treat quickly and hopefully permanently. To be successful, a regime should include not just skin care and treatments, but advice regarding diet and lifestyle. Here we have put together all your requirements to give you clear skin.

[Osmosis MD Rescue](#) serum is a perfect choice for all types of acne in all ages. We recommend starting with this, the [Osmosis MD Clear Spray](#), a cleanser, sunblock, lifestyle changes and after 3-4 weeks adding other, acne-specific products.

The biggest challenge for most people is finding a cleanser. Although you have acne, your skin is not necessarily oily. If it is inflamed at all, it may be dehydrated deep down – it is this that may be causing the re-bound oiliness often associated with congestion, rather than all out pimples over your face. It's also important not to scrub at your skin, but to use pH balancing cleansers and masks instead. One pump is enough with these products – more is NOT better.

Tweens and teens with changing skin, but not problematic at this stage, could start on either the [Teen Aspect Starter Kit](#) or the [Aspect Problem Skin Kit](#). They are gentle and non-irritating, but with all the right combinations of ingredients to keep emerging adolescents' skin clear and smooth.

Cleansers

DRYER, ROUGH SKINS

- [Organic Nation Detoxifying Clay Whip](#)
- [Osmosis MD Purify Enzyme Wash](#)
- [CosMedix Purity Solution](#) with
- [CosMedix Purity Detox Scrub](#)

OILY, PUSTULAR SKINS & CONGESTED SKINS

- [Osmosis MD Deep Clean](#)
- [CosMedix Purity Clean](#)
- [CosMedix Purity Balance](#)

Body Acne

- [Aspect Purastat 5 Cleanser](#)
- Look at your diet

Moisturisers (morning + night)

These are all quite light, hydrating and will not clog your pores.

- [Osmosis MD Quench](#)
- [Aspect Dr Resveratrol](#)

Serums

Once your skin is clean, ideally add one of each of the following –

VITAMIN C (morning only)

- [Aspect Dr Active C Serum](#)
- [Aspect Extreme C 20](#)
- [CosMedix Benefit Balance](#) with [CosMedix Pure C Mixing Crystals](#)
- [Organic Nation Skinfood 4 Serum](#)
- [Osmosis MD Replenish](#) – contains not just C, but B and many other antioxidants

VITAMIN A (night only)

- [Aspect Dr Exfol A Plus Serum](#)
- [CosMedix Clarity Serum](#)
- [Osmosis MD Clarify](#) – good to just spot-treat
- [CosMedix Define](#) – good for congested skins and oily skins
- [Aspect Retinol Brulee](#)

Sometimes an "A" type serum is needed, without any Vitamin A. In this case, [Aspect Dr Problem Skin Serum](#) is the one to choose or [Osmosis MD Replenish](#).

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Sun Block (imperative daily!)

- [CosMedix Reflect](#)
- [Aspect Envirostat Dry Touch SPF 50](#)
- [Colorescience Sunforgettable Brush](#)

Masks

It is wise, for extra exfoliation, nourishment and stimulation, to use a mask 1-2 a week. [Check out our extensive range](#). You'll find one perfect for acne, oily and/or congested skins. We often recommend the [CosMedix Clear Mask](#).

Makeup

Take care with your choices. If you are choosing the best skin care, you don't want to be undoing the good by clogging your pores with "cover-up". [Colorescience](#) and [Osmosis Colour](#) ranges will both treat your skin throughout the day, as they also cover and conceal.

Kits

- [CosMedix Combination Skin Kit](#)
- [Teen Aspect Starter Kit](#)
- [Aspect Problem Skin Kit](#)
- [Aspect Dr Problem Skin Kit](#)
- [Aspect Dr ABC Essential Kit](#)

Aspect Dr ABC Essential Kit

This is a great kit to find products that work best for you... It has reduced my breakouts and overall redness while keeping my skin hydrated better than ever.
Natalie



The Skin Care Clinic
The Pure Science of Skin Care

Inflamed, Red, Irritated Skins

MORNING

- [Aspect Dr Redless](#)

NIGHT

- [Osmosis MD Rescue serum](#)

Anti-Bacterial, Healing, Antioxidant Sprays

- [Osmosis MD Clear Spray](#)
- [Osmosis MD Clear Plus + Mist](#)

Wellness Products

- [Miessence Vitality Pack](#) – Probiotic, Berry Radical and Alkalisng Greens Super foods

Harmonised Waters (morning and night)

- [Osmosis Anti-T](#)
- [Osmosis Inner Harmony](#)
- [Osmosis Sugar Detox](#)

Don't forget, you receive \$15 off your first order!

Still not sure?

Complete the [Online Skin Consultation](#) and our Skin Advisors will happily help you to choose the right treatments and products for your skin type or concern.

View All Our Skin Care Guides

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