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.

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

With acne, your skin is not always oily, so finding a cleanser can be confusing. If it’s inflamed, it may be dehydrated deep down – causing re-bound oiliness often associated with congestion, rather than all out pimples over your face. Avoid scrubbing your skin, instead use pH balancing cleansers and masks. One pump of product is enough – more is NOT better.

**DRY, ROUGH SKIN**
- Aspect Dr Mild Clean
- Osmosis MD Purify Enzyme Wash
- CosMedix Purity Clean followed by CosMedix Benefit Balance
- Societe AHA Exfoliating Cleanser followed by Societe Clarifying Prep Solution then Societe Clarity-Bac Complex

**OILY, PUSTULAR & CONGESTED SKIN**
- Aspect Dr AHA/BHA Cleanser
- Osmosis MD Deep Clean
- CosMedix Purity Solution followed by CosMedix Purity Balance plus 1-3 time per week CosMedix Purity Detox Scrub
- Societe AHA Exfoliating Cleanser followed by Societe Clarifying Prep Solution then Societe Blemish Clarifying Complex
- Societe Clear Skin Boosting Pads (night only)

**BODY ACNE**
- Aspect Purastat 5 Cleanser

### Serums

**ANTIOXIDANTS - VITAMIN C** (morning only)
- Aspect Dr Active C
- Aspect Dr Problem Skin
- Aspect Extreme C 20
- Aspect Jungle Brew
- 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
- Societe Triple C Serum

**VITAMIN A** (night only)
- Aspect Dr Exfol A Plus
- Osmosis MD Clarify – oily skin
- CosMedix Define – dry, reactive skin
- Societe Refinishing Complex

Sometimes an “A” type serum is needed, without any Vitamin A. In this case use Aspect Dr Problem Skin or Osmosis MD Replenish.

### Inflamed, Red, Irritated Skins

**MORNING**
- Aspect Dr Redless

**NIGHT**
- Osmosis MD Rescue

### Spot Treating Acne

- Aspect Stop Spot
- Osmosis MD Clarify
Acne
Which products are best for your skin?

Moisturisers (morning + night)
These are all light, hydrating and won’t clog your pores.
- Aspect Dr Oil Free Moisturiser
- CosMedix Shineless
- Organic Nation Hydration Rescue Gel
- Osmosis MD Quench
- Societe Skin Hydration Complex

Sun Block (imperative daily!)
- Aspect Sun Envirostat Face SPF 50
- Colorescience Sunforgettable Brush
- Societe Prime & Defend

Anti-Bacterial, Healing, Antioxidant Sprays
- Osmosis MD Clear and Clear Plus Mist
- CosMedix Mystic

Mask (weekly)
For extra exfoliation, nourishment and stimulation, use a mask 1-2 a week. Check out our extensive range. These are out top pic’s.
- Aspect Gold Exfoliating Clay Mask
- Organic Nation Detoxifying Clay Whip
- CosMedix Clear Mask
- Societe Deep Thermal Cleanser

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”. Our top pic is Jane Iredale, Colorescience and Osmosis Colour ranges. They will treat your skin throughout the day, as they also cover and conceal with clogging your pores.

Kits
- Aspect Dr ABC Essential Kit
- Aspect Dr Starter Kit
- Aspect Dr Problem Skin Kit
- Aspect Problem Skin Kit (tween skin)
- Societe Clear Skin Essentials Kit
- Teen Aspect Starter Kit (tween skin)

Wellness Products
- Miessence Vitality Pack – Probiotic, Berry Radical and Alkalising Greens Super foods
- Osmosis Complete Digestive Enzyme

Harmonised Waters
(morning and night)
- Osmosis Inner Harmony
- Osmosis Skin Perfection

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