

Clear Skin Guide

consistent • clear • confident



by Beach Beauty Bar and Acne Clinic

Beach Beauty Bar & Acne Clinic
beachbeautybar.com • 714-391-1973



Hello!

I am so glad you are here and ready to get clear! I can't wait to share with you these simple lifestyle changes to transform your skin from the inside out.

When you incorporate these changes and use the right skincare, I promise you will get clear!

So let's get started with the Quick Start guide before you jump in to the detailed pages.

1. Check out our Laundry Recipe page and make sure to STOP using dryer sheets and fabric softener immediately.
2. If chin acne is your menace, STOP using all lip balms, Burt's Bees, EOS balm, and Chapsticks immediately. These all contain pore clogging ingredients that are seeping down your face and causing breakouts.
3. Again, if your chin is part of your problem, switch toothpaste immediately. Take a look at our Clear Skin Lifestyle page for details.
4. Clean out the pantry and fridge of foods that are triggering acne, including dairy, soy, peanut butter and more. Our Clear Skin Nutrition page will give you all of the details.
5. Check your shampoo, conditioner and all makeup against our pore clogging ingredient list. If any of the products contain ONE of the ingredients, it is not safe to use.
6. Begin using a customized skincare routine. Fill out our consultation form, and we will customize a full-sized starter kit just for you.

Find our acne consultation form here:
<https://beachbeautybar.com/registration/>

We can't wait for you to get clear and confident!

Cheers to clear!

Rene
Chief Beauty Officer

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A Laundry Recipe for Clear Skin

Laundry List



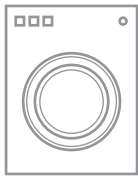
USE FRAGRANCE FREE DETERGENT

Fragrance irritates sensitive skin and skin prone to acne. There are fragrance-free detergent sections in the laundry aisle. Choose Tide Free, All Free, Cheer Free or any other fragrance-free detergent to wash all clothing and linens for bed and bath. If you suffer from moderate to severe acne, choose a detergent the DOES NOT contain sodium lauryl sulfate or sodium laureth sulfate. We recommend Nellies Laundry Soda or My Green Fills Laundry Wash.



ELIMINATE FABRIC SOFTENER

Similar to fragrance, fabric softener is irritating to sensitive skin and acne-prone skin. Fabric softener coats linens and clothing in chemicals that aggravate acne. It's detrimental to getting clear.



ELIMINATE DRYER SHEETS

Use Wool Balls Instead

Dryer sheets are coated in a waxy substance that coats your pillow cases, sheets, towels and clothing in the same waxy substance. When sleeping, the waxing substance sticks to the skin and clogs the pores. Additionally, when you have body acne, the waxy substance covers your clothing which clogs the pores of your body.



Use wool balls instead of dryer sheets to eliminate static. Wool balls can be purchased at Bed, Bath & Beyond and Amazon, as well as other retail locations.



FLIP YOUR PILLOWCASE

Every Other Night

Use a freshly laundered pillow case every other night. The first night, you sleep on a clean pillow case. The next night, you flip the pillow case to sleep on the other side (also clean), and the next night, you simply start with a fresh, clean case.

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Clear Skin Lifestyle



LAUNDRY—FABRIC SOFTENER

Do not use fabric softener in the washer or dryer sheets in the dryer. The waxy residue covers pillowcases, towels, wash cloths, and sheets that have direct contact with the skin. The residue will clog pores of acne-prone individuals. Use wool dryer balls instead to remove static cling. Anti-static balls can be found at Bed Bath and Beyond, Target, or online.



Fragrance Free Detergents —Detergents with fragrance can cause skin irritation. Best to use fragrance-free such as Cheer Free, All Free & Clear, Tide Free, and Arm & Hammer Free.



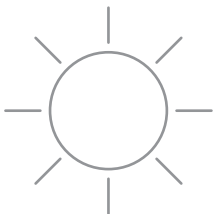
NO WATER SOFTENERS

There is some evidence that water softeners can lead to acne, especially those containing high amounts of potassium chloride.



FOR SWIMMERS

Swimming pool disinfectants contain iodides and chlorine which can remain in the water, causing skin problems for frequent swimmers. We advise applying a thin layer of Vaseline before you get in the pool.



SUN EXPOSURE AND ACNE

Although sun exposure causes desirable scaling and drying, it also damages the follicle, exacerbates dark spots, and causes skin cancer as well as premature aging. Always wear your sunscreen, even if it's overcast and/or raining.



BEWARE OF HAND LOTIONS

If you are using a comedogenic hand lotion and then leaning your face on your hands (many do this in front of the computer) or sleeping on your hands, this could contribute to your acne.

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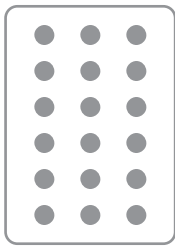
BREAKOUTS AROUND YOUR MOUTH AREA?

Many lip balms, toothpastes, and even facial tissues have comedogenic ingredients in them. So, if you see breakouts around your mouth area, this is possibly why. We recommend Vaseline or Aquaphor for a lip balm and toothpaste without SLS (sodium lauryl sulfate). Many well-known tissue brands are infused with things like coconut oil, isopropyl myristate, and SLS, all of which will clog the pores.



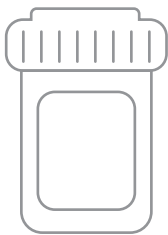
NO PICKING OR SQUEEZING!

Instead, rub ice on pustules and pimples for a couple of minutes, twice a day. IMPORTANT: if you pick, squeeze, and break the skin, that scab will leave a red or dark mark that will be there for months, making your skin look WAY worse than if you left it alone.



BIRTH CONTROL AND HORMONE REPLACEMENT

Avoid low estrogen birth control pills. "Lo" dose pills are higher in androgen hormones that can make acne-prone skin worse (see our handout on birth control pills). Norplant, Provera, Depo-Provera shots, most IUDs like Mirena, Skyla and Liletta can be a problem. Also, the Nuvo Ring can cause breakouts. Progesterone hormone replacement Premarin can be problematic. If you have polycystic ovaries, they will cause hormonal changes and breakouts.



RECREATIONAL AND PRESCRIPTION DRUGS

Recreational drugs—marijuana, cocaine, speed, and steroids used by bodybuilders

Prescription drugs—topical and oral steroids, anticonvulsants, Lithium, thyroid meds, Quinine, Isoniazid, Immuran, Danazol, Gonadotrophin, Cyclosporin, Disulfuram, Phentermine, ADD/ADHD drugs.



CHEMICALS

Coal tars (roofers), grease (mechanics, cooks, waiters), chlorinated industrial chemicals, dioxin.

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Clear Skin Nutrition

This is a guideline only—The “Eliminate” group has been proven to be a problem for most acne sufferers. Topical skincare will not clear acne without the proper changes to diet.

ELIMINATE

Iodides



Iodized Salt



Dairy

- Milk (including organic and especially nonfat)
- Cheese
- Half and Half, yogurt, cream cheese, ice cream



Whey or Soy Protein Shakes and Protein Bars



Soy – e.g., tofu, soy milk, tempeh, edamame, soy sauce



Seafood, Shellfish e.g., cod, scallops



Spirulina, Chlorella, Blue-Green Algae



Kelp, Miso Soup, Seaweed, Seaweed Supplements



Vitamins with iodides, iodine, kelp, potassium iodide (also avoid Biotin and B12)

ACCEPTABLE SUBSTITUTE

Sea Salt, Uniodized Salt, Celtic Salt

Almond Milk, Coconut Milk, Rice Milk

Nut cheese

Coconut milk, almond milk, and oat milk creamers, yogurts and ice creams.

Pea Protein, Egg White Powder, Hemp – still check for iodides and biotin before buying (*Vega Sport Performance Protein & Perfect Fit are a few safe ones.*)

Fresh Water Fish – lake trout, bass, catfish

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ELIMINATE

ACCEPTABLE SUBSTITUTE

Foods High in Androgens



Peanuts, Peanut Butter

Almond Butter or other nut butters



Peanut Oil, Corn Oil, Canola Oil

Olive Oil, Butter, Coconut Oil



Shellfish



Organ Meats including patè

Sugar: A well-balanced low-glycemic diet can support all aspects of health, including your skin.

Supplements

The following supplements have been found to be useful in aiding your recovery from acne. Your acne specialist may make recommendations based on the type of acne you have.

Zinc Monomethionine

This form of zinc is the most bio-available form that acts directly as an anti-inflammatory. Many people with acne have low levels of zinc in their body. Supplementing with zinc has been shown to reduce the severity of cysts and inflamed lesions.

Omega 3 Fish Oils

Fish oil is a great anti-inflammatory and helps to alter sebum production; HOWEVER, only if it's molecularly distilled or pharmaceutical grade. Unfortunately, many fish oil supplements are oxidized which actually creates more inflammation. So, only take it if you are sure about your source. Read our handout if not buying from your Clear Acne Solutions Certified Acne Specialist.

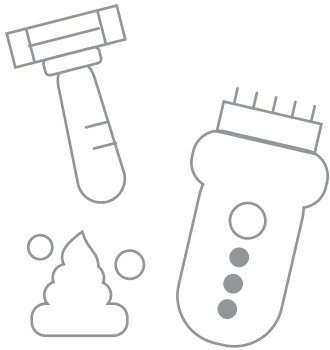
Probiotics

These are good bacteria that colonize the digestive tract and the skin. They can help people who have been on long-term antibiotics (both oral and topical). These good bacteria compete with the pathogenic bacteria and can help improve the incidence of breakouts.

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Shaving Tips—Do's and Don'ts



Don't use disposable blades more than once or twice. Soak in alcohol for 2–3 minutes before use.

Don't attempt to use twin or triple blade "closer-shaving" razors. The first blade stretches the skin; the second (and third) shaves too close, cutting hair off below the skin line. When the skin bounces back, those hairs are set up to be trapped repeatedly under the skin every time you shave.

Don't tweeze ingrown hairs. When tweezed hairs grow back (in two to three weeks), they are trapped under the skin line. Those areas become chronic ingrown.

Don't use a rotary shaver. Circular blade motion cuts the hair in every imaginable direction which can cause more ingrown hairs.

Don't shave upward, against the grain, or shave back and forth over the same place repeatedly in an attempt to get a closer shave.

Do use a single edge, disposable razor with our Go Gently cleanser as directed, or a sanitized non- rotary electric shaver, T-edger or clippers.

Don't forget to spray disinfectant on razors, clipper and/or T-edger blades, guards and attachments before and after shaving. Clippicide is available at beauty supply stores. Don't forget to take some with you to the barbershop. Do watch for barbershop sanitation (or lack of it).

Do change your clipper or T-edger blades every six months and don't share yours with anyone.

Do scrub very gently (with recommended product only) for no more than 30 seconds. Blot your face dry (no rubbing) with a soft towel.

Attention athletes: **Don't** wipe off sweat; blot dry instead!

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Pore Clogging Ingredients in Skin Care

Do not ever put anything on your skin or your hair without checking the ingredients first, even if it says “Won’t Clog Pores” or “Non-Comedogenic” on the bottle. No government agency oversees this, so skincare companies can claim their products promote clear skin and have pore cloggers in their ingredient deck. Below is a list of ingredients to avoid in all skin care, acne care, makeup, and hair products.

WARNINGS:

- Natural oils can be some of the worst offenders, like cocoa butter and coconut oil which are found in many “organic” skin care lines.
- Other oils such as jojoba, olive, and lanolin are mildly comedogenic and can be a problem if formulated with other comedogenic ingredients.
- Some prescription products like the cream form of Retin-A have pore cloggers. Many over-the-counter acne medications also have pore clogging ingredients.
- “Oil-free” products can be comedogenic.

MAKEUP:

- Loose powder, mineral make-up tends to be the safest choice, but still should be checked.
- Bare Minerals Original Formula loose powder foundation is a safe choice; however, the newer Bare Minerals Matte is NOT a safe choice—it contains soil minerals. We do not recommend any of the pressed Bare Minerals blushes, bronzers, or veils.
- Any pressed or liquid products should also be checked for pore-clogging ingredients.

CHAPSTICK:

- Chapstick and lip balms almost always include pore clogging ingredients, including coconut oil, shea butter, and coco butter. We recommend Vaseline petroleum jelly, Aquaphor or Beachy Clean Chapstick to keep lips hydrated and protected.

TOOTHPASTE:

- Surprisingly, toothpaste contributes significantly to acne surrounding the lips and chin. Sodium Lauryl Sulfate and Carrageenan are two pore-clogging ingredients commonly found in many toothpaste options.

HAIRCARE:

- Don't forget to check your shampoo, conditioner and other hair styling products.

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INGREDIENTS TO AVOID

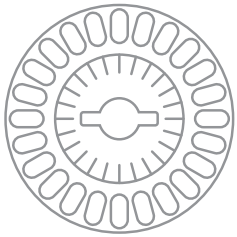
Acetylated Lanolin	Laminaria Digitata Extract
Acetylated Lanolin Alcohol	Laminaria Saccharina Extract (Laminaria Saccharine)
Algae Extract	Laureth-23
Algin	Laureth-4
Butyl Stearate	Lauric Acid
Carrageenan	Mink Oil
Cetyl Acetate	Myristic Acid
Cetearyl Alcohol + Cetareth 20	Myristyl Lactate
Chondrus Crispus (aka Irish Moss or Carageenan Moss)	Myristyl Myristate
Chlorella	Octyl Palmitate
Coal Tar	Octyl Stearate
Cocoa Butter	Oleth-3
Coconut Alkanes	Oleyl Alcohol
Coconut Butter	PEG 16 Lanolin
Coconut Oil	PEG 200 Dilaurate
Colloidal Sulfur	PEG 8 Stearate
Cotton Awws Oil	PG Monostearate
Cotton Seed Oil	PPG 2 Myristyl Propionate
D & C Red # 17	Plankton
D & C Red # 21	Polyglyceryl-3 Diisostearate
D & C Red # 3	Potassium Chloride
D & C Red # 30	Propylene Glycol Monostearate
D & C Red # 36	Red Algae
Decyl Oleate	Seaweed
Diethyl Succinate	Sea Whip Extract
Disodium Monooleamido PEG 2- Sulfosuccinate	Shark Liver Oil (Squalene)
Ethoxylated Lanolin	Shea Butter
Ethylhexyl Palmitate	Sodium Laureth Sulfate
Glyceryl Stearate SE	Sodium Lauryl Sulfate
Glyceryl-3 Diisostearate	Solulan 16
Hexadecyl Alcohol	Sorbitan Oleate
Hydrogenated Vegetable Oil	Soybean Oil
Isocetyl Alcohol	Spirulina
Isocetyl Stearate	Stearth 10
Isodecyl Oleate	Stearic Acid Tea
Isopropyl Isostearate	Stearyl Heptanoate
Isopropyl Linolate	Sulfated Castor Oil
Isopropyl Myristate	Sulfated Jojoba Oil
Isopropyl Palmitate	Wheat Germ Glyceride
Isostearyl Isostearate	Wheat Germ Oil
Isostearyl Neopentanoate	Xylene
Kelp	

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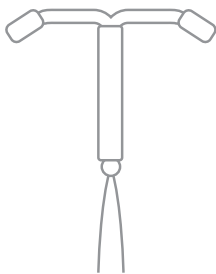
Birth Control for Acne-Prone Clients

Birth control pills, IUDs, implants and shots are often prescribed as a means to control acne. Most forms of birth control can have the potential to cause acne in those susceptible. Typically birth control is divided up as estrogen or progestin dominant and have varying degrees of androgenic (testosterone like) effects. As a general rule, those with the potential for higher androgenic symptoms should be avoided for people prone to acne because they promote breakouts. As an acne sufferer it is important to speak with your doctor about selecting a form of birth control that is higher in **estrogen and lower in androgen potency**.



THE MOST COMMONLY PRESCRIBED IN THIS CATEGORY ARE:

Brevicon	Necon	Tri-Nessa
Demulan	Ortho Tricyclen	Tri-Previferm
Femcon	Ortho-Novum	Tri-Sprintec
Kelnor	Ovcon	Zovia
Modicon	Previfem	
MonoNessa	Sprintec	



Avoid the following that are high in androgen activity and low in estrogen:

Alesse	Lessina	Norplant
Amethyst	Levora/Levonest	NuvaRing
Apri	Linessa	Ogestrel
Azurette	Loestrin	Ortho Tricyclen Lo
Caziant	Lo-Feminol	Ovral
Cryselle	Lo-Ogestrel	Paragard/Copper IUD*
Cyclessa	Lo-Ovral	Portia
Depo-Provera	Lutera	Reclipsen
Desogen	Marvelon	Seasonale/Seasonique
Emoquette	Microgestin	Sronyx
Estrostep Fe	Mircette	Triphasil/Trivora
Implanon	Mirena or Skyla IUD	
Jolessa	Nexplanon	
Kariva	Nordette	

Only you and your doctor can determine what form of birth control is right for you. The above is just a basic guideline that should be used to initiate the conversation. If you are considering using birth control, it is important to know that it can be associated with a high risk of blood clots, weight gain, nausea, mood changes, depression and breast tenderness. Serious side effects include strokes, digestive issues and embolism.

Birth control is not required to clear acne.

**Although the Paragard/Copper IUD does not contain any hormones, we have observed that it has aggravated acne with our clients.*

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Final Thoughts

If you are reading this, then you know what it's like to try to clear acne. You are either a mom trying to help her child or children or you are looking into this for yourself or a loved one. You understand the frustration of acne and not knowing exactly what to do.

You have probably tried everything from over-the-counter remedies to dermatologist prescribed medications, including Accutane and/or oral antibiotics. Many of these "so-called" remedies leave your skin aching, dry and still breaking out.

There is no magic pill that is going to clear your skin. Believe me, I wish there were.

If you are ready to get clear, you must complete a full lifestyle change. You have to do "all of the things!" If you only change your laundry, but don't focus on the nutrition, you most likely will not clear. If you overhaul your nutrition but don't eliminate chapstick and pore-clogging toothpaste, your chin is going to continue to break out.

The bottom line is that you must incorporate all of the tips provided in this handy guide.

In addition, you must use the proper skincare.

We are here to guide you. Complete our online registration, and allow us to customize a skincare kit specific to your skin type. With your kit, we will include bi-weekly email updates to adjust and change your routine. If you have any questions, we are a quick email away.

If you have had enough with pimples and pustules, I encourage you to go all in. Do not make a half attempt to clear your acne. Give it 90 days, and you will be clear and confident!

Cheers to clear!

Rene
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