

CLEAR SKIN PROGRAM

- Nutritional & lifestyle consult . . . 120 (only one hour session required)
- Initial acne clearing facial 110 (only one required)
- Hydrating or natural facial peel 80 (3-4, 1/2 sessions required)

Bonne Santé Wellness Center
4 Huntley Road, Old Lyme, CT 06371
860-434-7429

Call to schedule an appointment
or book online at bonnesantellc.com

We are located in a tranquil location in Old Lyme



If you live a distance away from Old Lyme we can
consult and advise by Skype.

CLEAR SKIN PROGRAM for acne-prone skin

Specializing in the treatment of problematic skin

Affordable — Effective — Reliable

Certified Acne Specialist

Bonne Santé
wellness center

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CLEAR SKIN PROGRAM

Acne is a hereditary condition that is completely controllable with nutrition, advice from an acne specialist and effective products. Usually predominant in teenagers, it can affect people of all ages. Facial acne can affect the way you look and feel, your self-esteem and confidence. The immediate reaction is to look for the one product or quick fix cover-up treatment that will solve the embarrassing acne problem. Sadly, products alone don't work. Most products drain your time and pocketbook, leading to confusion, frustration, even anger.

At our **Clear Skin Clinic** we address the root causes with more natural methods to combat inflamed and non-inflamed acne without the use of antibiotics. Our **Clear Skin**

Program utilizes home care products and acne treatments scheduled bi-monthly to get your acne under control in approximately **6 to 12 weeks**. We use products that are state-of-the-art skin care products containing the highest concentrations of active ingredients you can find without a prescription.

You will work with **Certified Acne Specialist** who will help you tackle your problematic skin, providing strong products with a specific regimen and a balanced approach that's not overly harsh. In-office treatments speed the process, but most clients find their acne clears up within a few months.

We provide Real Solutions For Clear Skin

"I have been using the products recommended by Bonne Santé for over two years now and not only has my face cleared but I actually get compliments on my skin! I have tried Proactiv™ and many OTC and dermatologist prescribed acne products and none of the products have left me with the skin I have now."

why do I have acne? I wash my face a lot –

Acne is blockage of the pores. It can be caused by certain drugs, medications or exposure to certain chemicals but most acne is inherited. Dead skin cells are shedding much too quickly in the acne-prone pore. It forms a plug along with sebum and hair and this is where the problem begins. If the body doesn't see the plug as an invader, then it remains as a non-inflamed lesion, aka blackhead. If it does, then it forms into pimples, pustules and cysts.

why do I still break out?

Acne is formed below the surface of the skin and cannot be washed away. To clear acne, you need clinical-strength products that are designed to penetrate the pore, exfoliate the dead skin cells and kill the acne bacteria.

how do I control my acne?

Your acne can be controlled through the continued use of effective products and corrective in-clinic treatments for at least the first 12 weeks. Many people see a dramatic difference in their acne in the first month. Once your acne is under control, you must continue to use the products to keep clear.

why use acne products?

We use products that have been developed specifically for the type of acne that you have. Our **Certified Acne Specialist** will know what adjustments to make to your regimen to make sure that your skin does not over adapt to the homecare regimen, pushing it to clear but not irritating or over-drying your skin. This is the fastest way to get your skin clear.

what do the treatments do?

Each treatment is customized for the condition of your skin at the time of treatment. Sometimes the skin will need hydration and other times you will need corrective peels to facilitate the clearing of your acne and dark spots. Your **Acne Specialist** will perform extractions of your acne impactions at every treatment so your skin clears more quickly.

how do I get started?

Come in for a consultation where your Acne Specialist will analyze your skin and type of acne. From there they will design a product and treatment regimen designed for your specific skin and acne type.