

Acne Regimen

(#) Steps of the Derm7 by Erica Acne Regimen

Day Time:

- Step 1: Cleanse your face with cold water and apply a dime size amount of cleanser. Wash for 30 seconds in circular motions and air dry.
- Step 2: Apply three pumps of toner into fingertips and pat onto face and air dry to balance your PH.
- Step 3: Apply dime size of moisturizer all over your face in circular motions
- Step 4: Apply dime size of sunscreen after moisturizer in circular motions

Night Time:

- Cleanse with cold water and the Ultimate Clear Anti-Bacterial Facial Wash
- Apply the cream gently over pimples. Leave it on overnight for the best results. Apply at least 30 minutes before bedtime. Use a moisturizing lotion such as Derm by Erica Acne Clearifying Moisturizer if dryness occurs.

Important:

Commit to your diet and continue homecare consistently for 30 days.

How Often?

Cleanse, tone, moisturize, and spf once a day in the morning.

At night use Acne Clearfying Cream only.

Tip?

- Make sure your skin is moisturized and you're not drying out by using any harsh chemicals AHAs or BHAs.
- No skin scrubbing or no clarisonics! Wash your face with your hands only. The process of new skin (mitosis) occurs every 28 days. If you're scrubbing your skin too harshly, it will impede on the mitosis process and possibly cause more breakouts.
- If you have really dry skin you only want to wash your face once during the day and just use the cream at night.

Storage?

Refrigerate the Acne Clearfying cream. All other products can be stored at room temperature.

Who is it for?

Any person with active acne and/or prone to breakouts.

Recommended Diet?

Restrictions: sugar, caffeine, citrus, nuts, meat, and dairy. Lets eliminate these from your diet until your skin has healed. Once your skin has healed then you can slowly introduce foods back into your diet and see what does and doesn't trigger your skin.

Collection	How? (Morning Routine Steps)	Why?	How? (Nighttime Routine)	Why?
Acne	1) Cleanser with Cold	1) Cold water tightens	1)Cleanser with Cold	1) Cold water tightens

	<p>Water</p> <p>2) Toner</p> <p>3) Moisturizer</p> <p>4) SPF</p>	<p>pores. If you have acne prone skin we need the pores to be closed so that oils don't get into the pores.</p> <p>2) Toner balances PH. When you're PH is off with acne then you can have abscess production of oil which gets clogged up in the pores and causes acne</p> <p>3) You don't want to have dry skin when you have acne prone skin. When you're skin is dry/ dehydrated it cracks and oils get through the cracks and causes breakouts</p> <p>4) Sun can burn the skin</p>	<p>Water</p> <p>2) Cream</p>	<p>pores. If you have acne prone skin we need the pores to be closed so that oils don't get into the pores. Active ingredients in the cream are not supposed to be in the sun. Sleeping in the creams gives it more time to be effective.</p> <p>2) Active ingredients in the cream are not supposed to be in the sun. Sleeping in the creams gives it more time to be effective.</p>
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		and cause it to become inflamed.		
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Melasma Kit Skin Regimen

(#) Steps of the Derm7 by Erica Melasma Regimen

- Step 1: Cleanse your face with cold water with a dime size amount of cleanser. Wash for 30 seconds in circular motions and air dry.
- Step 2: Apply three pumps of toner into fingertips and pat onto face and air dry to balance your PH.
- Step 3: Apply dime size of moisturizer all over your face in circular motions
- Step 4: Apply dime size of sunscreen after moisturizer in circular motions
- Step 5: Apply the cream only at night on affected areas only (active acne only). This is a spot treatment product.

Important:

It's important to stay on your diet and continue homecare consistently for 30 days. Stay out of the sun because the sun affects pigmentation. If you have to be in the sun use sunscreen that contains titanium dioxide or zinc.

- The Melasma Collection is for dark spots on the face and neck. The Bleach Bottom collection is best for dark spots on the body.
- Don't use it if pregnant or trying to conceive or breastfeed.
- Sleep on a silk scarf or satin pillowcase and wash every night.

How Often?

Cleanse, tone, moisturize, and spf once a day in the morning.

At night use cream only. If the cream is too strong dilute with equal parting of Derm7 moisturizer.

Tip?

Make sure you're not using any acids on your skin while treating it. No peels while you're healing, peels can come after the process is done.

Storage?

Refrigerate creams. All other products can be stored at room temperature.

Who is it for?

When the melanocytes are affected by the UVAs rays causing sun and dark spots. For any person affected by old acne which is caused by post-inflammatory hyperpigmentation. Any woman who has dark spots caused by hormonal changes and pregnancy that has left patches on their cheeks, lips, and nose area. Sun exposure, old acne, thyroid disease,

Recommended Diet?

Restrictions: sugar, caffeine, citrus, nuts, meat, and dairy. Lets eliminate these from your diet until your skin has healed. Once your skin has healed then you can slowly introduce foods back into your diet and see what does and doesn't trigger your skin.

Collection	How? (Morning Routine Steps)	Why?	How? (Nighttime Routine)	Why?
Melasma	1)Cleanser with Cold Water 2) Toner	1)Cold water improves circulation and helps with dullness.	1)Cleanser with Cold Water 2) Cream	1)Cold water improves circulation and helps with dullness.

	<p>3) Moisturizer</p> <p>4) SPF</p>	<p>2) Toner balances PH. Soothes the skin. Helps remove oil and makeup. It retains moisture.</p> <p>3)Moisturizer is imperative so that your skin doesn't dry out and cause more acne which will lead to hyperpigmentation.</p> <p>SPF; mandatory use when changing the tone of skin because you want to keep it protected from the sun.</p> <p>4)</p>		<p>2) Active ingredients in the cream are not supposed to be in the sun. Sleeping in the creams gives it more time to be effective.</p>
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Scar Kit Regimen

(#) Steps of the Derm7 by Erica Scar Regimen

- Step 1: Cleanse your face with cold water and apply a dime size amount of cleanser. Wash for 30 seconds in circular motions and air dry.
- Step 2: Apply three pumps of toner into fingertips and pat onto face and air dry to balance your PH.
- Step 3: Apply dime size of moisturizer all over your face in circular motions
- Step 4: Apply dime size of sunscreen after moisturizer in circular motions
- Step 5: Apply the cream only at night on affected areas only (active acne only). This is a spot treatment product.

Important:

- Commit to your diet and continue homecare consistently for 30 days.
- Do not pick your acne or scabs.
- Integrate a series of microneedling treatments with this regimen in order for this to be more effective.
- This regimen is for acne pits and box scars.
- The medical term for scar is actually cuts in your face which are different from dark marks. Scars may be formed for many different reasons, including infections, surgery, injuries, or inflammation of tissue. The appearance of a scar may vary- the scar may be flat, lumpy, sunken, colored, painful, and/or itchy.
- If you have really dry skin you only want to wash your face once during the

day and just use the cream at night.

How Often?

Cleanse, tone, moisturize, and spf once a day in the morning.

At night use cream only. Depending on the skin type and condition, microneedling session should be done once a month until results are achieved.

Tip?

Be patient because this is a process. Scars typically take about 6 months to heal depending on the skin condition. Stick to the skincare regimen and set up your microneedling appointments for best results.

Storage?

Refrigerate the Corrective Scar cream. All other products can be stored at room temperature.

Who is it for?

Any person experiencing severe stages of acne (stages 3 and 4).

Recommended Diet?

Restrictions: sugar, caffeine, citrus, nuts, meat, and dairy. Lets eliminate these from your diet until your skin has healed. Once your skin has healed then you can slowly introduce foods back into your diet and see what does and doesn't trigger your skin.

Collection	How? (Morning Routine Steps)	Why?	How? (Nighttime Routine)	Why?
Scar	1)Cleanser 2)Toner 3)Moisturizer	1) Cold water tightens pores and the cleanser will keep your	1)Cleanse 2) Cream	1) Cold water tightens pores and the cleanser will keep your

	<p>4) SPF</p>	<p>pores clean.</p> <p>2) Toner balances PH. When you're PH is off with acne then you can have abscess production of oil which gets clogged up in the pores and causes acne</p> <p>3) You don't want to have dry skin when you have acne prone skin. When you're skin is dry/ dehydrated it cracks and oils get through the cracks and causes breakouts</p> <p>4) Sun can burn the skin and cause it to become inflamed</p>		<p>pores clean.</p> <p>2) Active ingredients in the cream are not supposed to be in the sun. Sleeping in the creams gives it more time to be effective.</p>
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Bleach Bottom Kit Regimen

(#) Steps of the Derm7 by Erica Bleach Bottom Regimen

- Step 1: Use your fingertips to apply the cleanser to the face and neck with circular motions to remove make-up and impurities. If necessary repeat the process until all impurities are removed.
- Step 2: Toner; use on affected areas only in circular motions for 10-20 seconds
- Step 3: Moisturizer; Only use in the morning in the affected areas. Apply a dime-size amount.
- Step 4: Apply the cream only at night on affected areas only (active acne only). This is a spot treatment product.
- Step 5: Scrub- exfoliate once a week and don't use the even bottom cream that night (for 1 day after exfoliating).

Important:

It's important to stay on your diet and continue homecare consistently for 30 days. Only use the even bottom cream on the affected area because it's going to drastically brighten your skin. The goal of this product is to even your skin tone by only lightening the dark areas of your skin. Some areas of the body may experience peeling/flakiness. If the even bottom cream is too strong for your skin, mix equal parting with the smooth bottom lotion.

- Melasma vs. Bleach Bottom. The Melasma Collection is for dark spots on the face and neck. The Bleach Bottom collection is best for dark spots on the body.
- Don't use it if pregnant or trying to conceive.

- Sleep on a silk scarf or pillow case and wash at least 3 times a week.

How Often?

Day: Cleanse with cold water, tone, lotion once a day in the morning.

Night: Cleanse with cold water, air dry skin, apply even bottom cream.

Scrub: Once a week. Cleanse skin with cold water, mix an equal parting of the scrub, and your desired choice of oil (vitamin e, olive oil, etc.), moisturize skin with the smooth bottom lotion.

Tip?

- If you have really dry skin you only want to wash your face once during the day.
- Discontinue use of the product once you skin returns to its original skin tone.

Storage?

Refrigerate even bottom cream. All other products can be stored at room temperature.

Who is it for?

Any one seeking to even out their skin tone on an area from the neck down.

Recommended Diet?

Restrictions: sugar, caffeine, citrus, nuts, meat, and dairy. Lets eliminate these from your diet until your skin has healed. Once your skin has healed then you can slowly introduce foods back into your diet and see what does and doesn't trigger your skin.

Collection	How? (Morning Routine Steps)	Why?	How? (Nighttime Routine)	Why?
Bleach Bottom	1)Cleanser	1)You want to	1)Cleanser	1)You want to

	<p>2) Toner</p> <p>3) Lotion</p>	<p>start with a clean treated area before using the treatment.</p> <p>2) Toner can improve the skin tone and texture and helps reduce impurities.</p> <p>3) Lotion reduces skin issues and chances of developing extremely dry skin. It encourages cell turnover which is important for new skin to come and prevent dry flaky skin from coming back</p>	<p>2) Even Bottom Cream</p>	<p>start with a clean treated area before using the treatment.</p> <p>2)Active ingredients in the cream are not supposed to be in the sun. Sleeping in the creams gives it more time to be effective.</p>
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Anti-Aging Kit Regimen

(#) Steps of the Derm7 by Erica Anti-Aging Regimen

- Step 1: Cleanse your face with cold water and apply a dime size amount of cleanser. Wash for 30 seconds in circular motions and air dry.
- Step 2: Apply three pumps of toner into fingertips and pat onto face and air dry to balance your PH.
- Step 3: Apply dime size of moisturizer all over your face in circular motions
- Step 4: Apply dime size of sunscreen after moisturizer in circular motions
- Step 5: Apply the cream only at night on affected areas only (active acne only). This is a spot treatment product.

Important:

It's important to stick to a disciplined diet and continue homecare consistently for 30 days. Only use this product if you are 30+. After 30 people stop producing collagen, which helps with fine lines and wrinkles.

How Often?

Day: Cleanse, tone, moisturize, and spf.

Night: Cleanse with cold water, air dry, apply the Anti-Aging Hydrating collagen cream.

Tip?

- If you're not going to use Derm7's anti-aging line use a collection that contains Vitamin A,C,E and collagen.
- The SPF number in sunscreen indicates how long the UV radiation will take to touch your skin; it doesn't specify the amount of protection from the sun. This applies to all sunscreens, not just Derm7!
- If you have really dry skin you only want to wash your face once during the day and just use the cream at night.

Storage?

Refrigerate the Anti-Aging Hydrating collagen cream. All other products can be stored at room temperature.

Who is it for?

Any person who has concerns about aging skin. You should avoid this product if you are under 30 years old and have acne prone skin, the collagen in the product will create too much moisture for your skin.

Recommended Diet?

Restrictions: sugar, caffeine, citrus, nuts, meat, and dairy. Lets eliminate these from your diet until your skin has healed. Once your skin has healed then you can slowly introduce foods back into your diet and see what does and doesn't trigger your skin.

Collection	How? (Morning Routine Steps)	Why?	How? (Nighttime Routine)	Why?
Acne	1)Cleanser 2)Toner 3)Moisturizer	1) Clean skin = clean palette to put the good STUFF in!	1)Cleanse 2) Cream	1) Clean skin = clean palette to put the good STUFF in! 2)Active

	4) SPF	<p>2) The Hydramist toner tightens cells and reduces penetration of impurities and environmental contaminants. It leaves your skin smoother softer, and firmer.</p> <p>3)Benefits the skin in many ways, but the best benefit is it prevents wrinkles from forming. The formulation of vitamin A, C,E creates antioxidants that fight free radicals.</p> <p>4) It's important to have sunscreen that protects your skin from UVA and UVB, which helps protect from ultraviolet</p>		ingredients in the cream are not supposed to be in the sun. Sleeping in the creams gives it more time to be effective.
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		<p>rays. UV rays are associated with aging the skin. UVB rays are associated with burning the skin which is associated with cancer.</p>		
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Herbal Tea Regimen

How to make the Herbal Hormonal Tea:

- 24 ounces of distilled water
- Bring to boil
- Place tea bag in pot and cover
- Steep for 20 minutes
- Add honey for taste

Ingredients:

Mugwort, Burdock root, nettle, chaparral, and sarsaparilla.

Important:

Anti-microbial, anti-viral, anti-fungus, and is good for reducing inflammation. It's a full body cleanse and lowers blood sugar, reduces cholesterol, aids in weight loss, helps with acne and eczema, and promotes hair growth. Helps balance hormones.

How Often?

- One cup, three times a day

Tip?

Drink for a healthier life.

Storage?

Room temperature.

Who is it for?

This is for anyone who is fighting hormonal issues, painful periods, fungus, diet, weight loss, skin issues,

Recommended Diet?

Restrictions: sugar, caffeine, citrus, nuts, meat, and dairy. Lets eliminate these from your diet until your skin has healed. Once your skin has healed then you can slowly introduce foods back into your diet and see what does and doesn't trigger your skin.