

Acne can affect people of all ages and is particularly common in the facial region. It can also extend to the neck, upper chest and back in more severe cases. It is thought to be caused by hormonal changes going through puberty, dehydration and bacteria. One of the underlying causes is dehydration of the skin which prompts the body to increase the level of sebum (natural oil) produced in the skin. This in turn causes pores to get blocked with dead skin cells, often trapping bacteria beneath. The bacteria then generates the breakouts typical with acne (whiteheads and blackheads, inflammation, sore, painful skin and redness).

Here at Nativis, we have developed a routine using a range of our Skincare products to help manage acne. The products are 100% natural in composition, and all contain a natural active ingredient derived from Sericin which we have called Silk Hydra-Fix®. This active ingredient rapidly cleanses and calms inflammation, cleanses the skin to prevent breakouts (through the removal of excess sebum and dead skin cells) hydrates the skin to reduce sebum levels produced by the body and fades the redness associated with acne. Continued use has shown to reduce scarring significantly giving the skin a more even feel and tone. None of the products we recommend for acne are oil based and so will not block skin pores.

Products Package for Acne

Silk Hydra-Fix Soap (75g) Directions for Use - Wash First



1. Wet the affected area with warm (not hot) water.
2. Build up a lather with the hands - apply to affected area through gentle massaging with fingers.
3. Rinse with warm (not hot) water.
4. Dab dry with a clean natural fibre (Cotton for example) towel.

Silk Hydra-Fix Body Mist (200g) Directions for Use - Cleanse



1. After cleansing affected area, Spray the body mist over it liberally. It is safe to use around the eyes, eyelids, nose and mouth.
2. Using a clean cotton pad, wipe the affected areas gently to cleanse the skin. Allow the skin to dry naturally.

Silk Hydra-Fix Moisturising Gel (200g) Directions for Use - Hydrate the Skin



1. Apply a small quantity of the Gel to fingertips and gently massage into the affected areas until the Gel has absorbed.
2. For severe breakouts repeat the Gel application a second time.
3. Apply the Gel in the daytime if the skin feels dry/tight.

Package Price £42.30 - SAVING 10%

Follow the above procedure (morning and night) daily until the condition has fully recovered. Improvements should be seen within a few days. Expect 3-4 weeks for full restoration of skin. Thereafter cleanse with the body mist and apply the

gel daily (at night time) after washing/bathing to those areas susceptible to acne.

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