

# The Answer is Klear



## How to Use the DMK Acne Products

**DMK** are the leaders in Acne treatments and have been for almost 40 years. We have changed many thousands of people's lives with **DMK** treatments. For best results we would advise **DMK** in-clinic treatments supported by the use of the **DMK Acu-Klear** range at home. If it is difficult for you to come into a **DMK** clinic for treatment, the **Acu-Klear** products will still work but may take a longer to achieve the results without the professional in-clinic treatment. Ask your **DMK** Practitioner for more information on this amazing Acne range.

### Acu-Klenz

May be used in the shower or at the sink. Ensure that your hands are wet and apply a 10p coin size of **Acu-Klenz** to the palm of your hand. Massage into wet skin for 30-60 seconds and rinse well with lots of lukewarm water. Do not dry the skin but keep it slightly damp. Pat dry the eyes to avoid drips entering them.

### Acu-Mist or Herb & Mineral Spray

After cleansing the skin with **Acu-Klenz** spray the **Acu-Mist** or **Herb & Mineral Spray** over the Acne affected area (i.e. face, neck and/or back). This may be repeated a few times during the day to keep the skin moist and activate the anti Acne constituents of the **Acu-Moist** crème.

**Betagel** or **Super Serum** may be used at this stage to strengthen the skin and help to reduce post-Acne scarring. Use 2-3 pumps on the damp sprayed skin. Ask your **DMK** practitioner about these amazing products.

### Acu-Klear

If you have Cystic or Vulgaris Acne then use the **Acu-Klear** morning and night after spraying or if you have just applied **Betagel** use **Acu-Klear** over the top of the **Betagel**. If you have mild to moderate Acne, this product may be used at night time only. At night apply after the **Acu-Klenz** and **Acu-Mist**.

### Acu-Moist with SPF15

Before applying **Acu-Moist** spray a generous amount of **Acu-Mist** or **Herb & Mineral Spray** this is to compensate for the fact that Acne skin is always internally water deficient. Then apply the **Acu-Moist**.

### Acu-Therm

Apply the **Acu-Therm** once a day with a cotton bud to any pimples or pustules **ONLY**. Avoid the surrounding skin. The **Acu Therm** may feel warm to the skin. **Warning: Only use Acu-Therm directly on a spot and not over the surrounding skin. Never use Acu-Therm all over the skin. Do not use the fingers to apply and only use a cotton bud to apply to each individual spot.**



## When to Use the New DMK Acne Products

Product	Amount to use	When to Use:		Note
		Morning	Night	
<b>1. Acu-Klenz</b>	10p coin size	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
<b>2. Acu-Mist</b>	3 sprays	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Once the Acne is under control the practitioner may suggest switching from Acu-Mist to Herb & Mineral Spray.
<b>3. Betagel</b>	3 pumps	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Alternatively, the new Super Serum may be used in place of the Betagel Serum.
<b>4. Acu-Klear</b>	5p coin size	<input checked="" type="checkbox"/>	*	* Use twice a day ONLY if it is Cystic or Vulgaris Acne.
<b>5. Acu-Moist</b>	5p coin size	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Ensure that you spray a generous amount of Acu-Mist or Herb & Mineral Spray prior to applying the Acu-Moist.
<b>Acu-Therm</b>	Only apply with a cotton bud to pimple or pustule	A maximum of once per day. It is preferable to apply at night		Important: Use directly on a spot and avoid contact with the surrounding skin.