



How To Prevent Breakouts
*After Using Acne & Skin Care Products,
and Facial Treatments*

Your First Appointment: What To Expect



Presented by:
Summer Massoud
Owner, Five Years Younger Facial



Hello,

My name is Summer Massoud. I created 5 Years Younger Facial, and I am entering into my seventh year in business in 2020.

I have customized a detailed treatment helping thousands of clients suffering from all levels of acne. I have helped my clients with cystic acne, pigmentation and scarring.

My experience includes working with over 4,000 clients from all over the world, and I have likely worked with every skin type out there.

Acne and pigmentation can be just like an individual's personality, every treatment varies from one person to the next.

Every client is treated as family. I have a great understanding for the pain you have endured as I had severe pigmentation issues and cystic acne for 15 years. I know how it feels to have days lacking confidence.

My own struggles with acne and other skin challenges have taught me to have compassion for others who suffer the same. I will do everything in my power to restore your confidence and bring a smile upon your face.

Please be patient and understand time heals all.

I specialize in smoothing skin texture with a special technique I created called, "Acne Extreme". As far as I know, I am the only skincare professional who offers a three-layer treatment to help remove several layers of damage at one time by hand.

I also specialize in doing chemical peels by hand, so you do not have to sit home and miss work while shedding dead skin. This procedure helps remove active acne, cystic acne, pigmentation and minimizes scars.

*Thank you,
Summer*



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Why Breakouts?

Do you wonder why you continue to break out after using multiple acne skincare products and facial treatments?

Are you experiencing any of these skin issues?

- Pigmented scars
- Brown marks
- Scars
- Milia
- Blackheads
- Uneven skin tone
- Redness
- Rough skin
- Oily skin
- Dull skin
- Pimples



Here is Why & How to Fix Skin Issues

We all experience the shedding millions of dead skin cells every day, so your skin cannot breathe and has no circulation.

Your acne beneath the surface of your skin is being suffocated.

My clients who have constant breakouts are experiencing excessive bacteria and inflammation. (Through excessive layers of dead skin.)

You will experience a chain reaction with one pimple contaminating the other pimples and before you know it, you have clusters of pimples and cystic acne surfacing which becomes infected and continues to spread.

Now you can understand why?

Skin care will never reach inside your skin with so much buildup. Does this make sense?

Think of it as a thick mask that is filled with dirt, oil and grime. This mask resembles a shiny Saran Wrap look (glue-like substance) and it will take me 75 minutes... just to chisel through this cement-like mask. It's not really cement, but it's a funny analogy so my clients can understand how hard it is to remove 15 layers of grime!



Five Years Younger Method

One way my microneedling technique differs from other doctor's offices and spas is the extra hour I spend removing all the dirt and oil with microdermabrasion and dermaplaning.

I manually exfoliate dead skin cells 3 layers deep with instant results. Next, I remove 2 more layers of dead skin cells with microneedling. In total, your skin will feel and look 5 layers clean.

This is not a quick fix but an on-going ritual program and just like going to the gym, it takes dedication. You will see the rainbow at the end of the tunnel, but never give up!!!

If you have dark stains on your face, blemishes or cystic acne, this will take multiple sessions, a strict skincare regimen and absolutely no sun on your face. Also, be sure to wear a sun hat while outdoors!!

It is very imperative to follow up with my facial treatments and skincare regimen from my recommendations for the best results to reduce inflammation from your active acne.

No picking or touching your face!



How Many Treatments Will I Need?

1. **FIRST VISIT**, I will start your treatment with Acne Extreme using, Microdermabrasion, Dermaplaining and Microneedling to help remove the first 5 layers of buildup (mask of inflammation).
2. **SECOND VISIT**, I will use a Microneedle to work on the inside of your skin to remove 3-5 layers of impurities to deep clean active acne and congested pores
3. **THIRD VISIT**, I will use a Chemical peel to dig a little deeper into your skin to help dry up active acne, lighten scar marks and lighten brown stains of pigmentation.
4. **SKINCARE**, After your first visit, Its imperative to use a MD medical skincare line, that I approve of to clean active acne and inflammation before we start your second session.

It Takes About 90 Days To Pull Out Dirt And Inflammation

without over-active sebaceous glands that produce large amounts of oil and dirt that settle into your pores over time.

Are you ready to get serious to help your skin?

Often, I run a special for 25% OFF for all 3 services to get started. It will be the best money you spend to face the day with confidence and a pretty smile with your new skin. Check my web site for current pricing and to schedule online.



Facial Plan

Skin Care Provider

Three treatments every 30 days. It is very necessary to stick to the plan. If you wait too long you will lose the benefits from the first treatment.

Dermatologist

If you have severe cystic acne you may have a food allergy set appointment for blood panel and meds.

Client

You need to make serious changes with a skincare regimen, skin care provider, Dermatologist, proper diet and exercise to reduce stress.

Finally, **keep your hands off your face!** 😊



A Dermatologist Helps Control What Is Going On Inside.

If you have extreme cystic acne issues, serious breakouts or melasma brown stains, you should consult a dermatologist or profession MD. I would suggest starting with a blood test to check food allergies and treatment by medication, if necessary. Your dermatologist will give you an antibiotic like (doxycycline) which is great for moderate or severe cystic acne and a topical cream called erythromycin. Prescription medications can work quickly and within just a few weeks, you can start noticing improvement of your skin. Your dermatologist may prescribe birth control and/or other medication that works with hormones (can be helpful for women). If you're still experiencing clusters of cystic acne, I recommend Accutane which is a powerful drug used for the treatment of acne. Accutane is used for severe acne and scarring acne.

A Skincare Provider Works From The Outside, Peeling Off Layers.

I do most of the work manually with my popular treatment I call the "Acne Extreme". This can include microdermabrasion, dermaplaning and microneedling and is sometimes followed by a microneedle and chemical peel treatment, depending on the severity of skin condition. I remove 5 layers of dead skin with each appointment and after (3) services my clients have excellent results. If you continue to break out after treatments, it's time to visit a dermatologist.



Clients Who Might Have Deeper Skin Issues Than Realized

If you compare yourself to my Instagram page and think your damage does not compare, you might not be seeing the detail I see.

Everyone's skin is like a personality and it will take great care and time to fix your skin issues. Remember, there is not a one-size-fits-all solution to acne so it is a test and trial.

The majority of my clients love the excitement of coming in and seeing what their results will be and 98% of them get off my table with a huge smile. This shows me I have done my job.



What To Expect From Your 5 Years Younger Facial

One Facial Treatment Is Not Enough

It always seems to be the people that have their expectations too high who do not realize the severity of their skin condition:

It takes an hour longer to clean difficult skin issues. I have had clients who were not charged for the extra work and still were not satisfied. If you have 10 years of damage and 20 layers of deep skin issues, this will be a work in progress.

I wish I had a magic wand to wave over your face, and with a miracle, your skin becomes silky! Unfortunately, that's not possible.

Many issues cannot be resolved with a single treatment.

Client Follow Up

You Have To Make Changes.

Starting with a skincare provider, dermatologist and MD, this is a specific skincare regimen. Beware of food triggers, vitamin supplements and reduce stress with exercise.

- Reduce alcohol consumption
- No hot showers
- No Sun!! Heat will cause acne to spread.



36 Places Where Bacteria Live

SCIENTISTS DISCOVER the dirtiest things you touch every day carry microbes/bacteria like E. coli and salmonella.

I have compiled this list to help you keep your face clean. It is your job, to keep your hands off your face.

1. Sponges And Dishcloths
2. Sinks, Faucets, And Handles
3. Toothbrushes And Toothbrush Holders
4. Refrigerator Handles
5. Cutting Boards
6. Remote Controls
7. Phones
8. Purses
9. Your Nose
10. Computer
11. Breakroom
12. Dog Toys
13. Dog Hair And Paws On Your Bed
14. Money
15. Laundry Washer Needs Cleaning
16. Cash Machines
17. Shopping Carts
18. Soap Dispensers
19. Kitchen Towels,
20. Elevator Buttons
21. Door Handles
22. Bed Seats, Billions Of Germs
23. Desktop Is Dirtier Than A Toilet
24. Cell Phone, 25,000 Germs Per Sq Inch
25. Water Cooler
26. Coffee Maker
27. Kitchen Sponge - Change Every 3 Weeks.
28. Microwave Door
29. Anything With A Handle
30. Vending Machines
31. Restrooms
32. Restaurant Menus
33. Buffets
34. Condiments, Bottles And Salt Shakers
35. Pens
36. Gyms

Be aware, use hand sanitizer throughout the day and wash your hands more frequently.



Acknowledgements & Disclosures

Please
Initial

After removing 5 layers of dirt and oil, your skin will look slightly pink and renewed. The results will look as if you have received a chemical peel and your face has been SCRAPED CLEAN. Sometimes what is left on your face, including PIGMENTED SCAS, PIGMENTATION and HARD UNDER GROUND CYSTIC PIMPLES, will take time and effort on your part, along with mine and with the help of microneedling, microdermabrasion, chemical peels, and MD skincare that will continue to help in the process of shedding stubborn skin issues.

Keep in mind if your underground hard cystic pimples remain after, I have removed 5 layers of dead skin, you are dealing with STUBBORN CYSTIC ACNE that needs the full 3 treatments and proper skin care to dig out these issues. In a proper time frame, I recommend every 2 to 3 weeks or very 4 weeks depending on your skin severity.

Please understand my job as your skincare specialist. I am not claiming I can remove all your skin care issues after just one session, any medical Dr will tell you most skin issues will take 3-6 treatments depending of the severity, it is a case by case situation.

There are no possible breakouts from getting skin removed, but blemishes which lie dormant from within can surface to the top after a treatment.

I can get great results in one service **most of the time**, but If you have severe skin issues like deep pimples, cystic acne and pigmentation issues, you must understand these issues along with brown marks and scars do not disappear in one treatment.
