A Week-by-Week Guide

As you incorporate Proactiv into your regular routine, you should begin to see visible changes to your skin in the weeks ahead. Here's an overview of what you can expect.

Week 1

- In the first week, your skin is acclimating to the Proactiv treatment
- You may experience some dryness, slight flaking and irritation in these early days (this is totally normal)
- As with any acne product, be sure to use a sunscreen of at least SPF 30 every day to keep your skin protected

Week 2

- Your pores are beginning to unclog
- You may still experience some dryness as your skin continues to adjust to your new treatment routine
- Skin may start to feel softer and smoother as your skin's texture becomes more refined

Pro Tip: If you are still experiencing dryness, incorporate a light moisturizer into your routine.

Week 3

- Your Proactiv routine is beginning to feel second nature. Stick with it!
- Blemishes are starting to heal
- As your skin continues to balance out, you may notice a more even tone

Pro Tip: Need a moisture boost? Try using an SPF moisturizer during the day and a light moisturizer at night.

Week 4

- Skin should be feeling softer and healthier
- Breakouts should be diminishing
- Occasional flare-ups should heal faster, making it easier to enjoy more clear skin days

Week 5

- Post-acne marks should be diminishing
- You may also notice a reduction in new blemishes
- Skin tone should look brighter and more even toned
- Remember that acne can be cyclical and needs be managed continually – so stick to your routine!

Week 6

Good for you for sticking to your clear skin routine!

- At the six week mark, you're well on your way to clearer, healthier-looking skin
- Skin is now entering maintenance mode so continue to use your treatment system every day to help prevent new breakouts from forming