

How to Use

JUST 3 STEPS 2X A DAY = CLEAR, RADIANT SKIN

Proactiv Solution is designed to be used consistently for best results

Renewing Cleanser

Apply twice daily, morning and night. Treat your whole face. Apply a small (dime-sized) amount to dampened skin and gently massage with fingertips for 1 to 2 minutes. Rinse thoroughly with warm water. Pat dry and follow with Step 2 (Revitalizing Toner). If bothersome dryness or peeling occurs, reduce application to once a day or every other day. If going outside, use a sunscreen.

Revitalizing Toner

Apply twice daily, morning and night, after Step 1 (Renewing Cleanser). Treat whole face. Apply a small amount (dime size) with cotton ball or pad. Leave on; allow to dry. Do not rinse off. Follow with Step 3 (Repairing Treatment).

Repairing Treatment

Cover the entire affected area with a thin layer 1 to 3 times daily. Because excessive drying of the skin may occur, start with 1 application daily, then gradually increase to 2 or 3 times daily if needed or as directed by a doctor. If bothersome dryness or peeling occurs, reduce application to once a day or every other day. If going outside, use a sunscreen.

quick start guide

We'll walk you through, step by step...



STEP 1: cleanse | daily am & pm

Renewing Cleanser

Prep your skin for your acne-clearing treatment by smoothing away excess dirt, oil and other impurities.

- Massage a generous amount on to damp skin for 1-2 minutes

- Rinse off thoroughly with warm water. Pat dry. Follow with Step 2.



STEP 2: Tone | daily am & pm
Revitalizing Toner

Sweep away any remaining impurities with this refreshing, energizing toner that helps your skin achieve the perfect pH.

- Apply with a cotton ball or pad in an upward motion, morning and night as needed
- Allow Revitalizing Toner to dry. Do not rinse off. Follow with Step 3



STEP 3: treat | daily am & pm
Repairing Treatment

Micro-crystal benzoyl peroxide gets to down to business and tackles acne-causing bacteria deep in the pore.

- Apply thin layer over entire face
- Allow to dry. Do not rinse off

Your First Six Weeks Using Proactiv Solution

A Week-by-Week Guide

Ready to transform your skin with Proactiv Solution? We can't wait for you to leave breakouts behind and experience your own clear skin results with our revolutionary acne treatment system. 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 to 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