



# Pregnancy and Breastfeeding

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## CONGRATULATIONS ON YOUR PREGNANCY!

During pregnancy and breastfeeding, you may experience changes in your skin. Here are some things you should be aware of:

- If you are currently using Face Reality's Clear Skin Balance and/or Clear Skin Restore supplements, consult your doctor before continuing.
- Acne may improve during your pregnancy, or it may get worse due to hormonal changes.
- While you cannot control your hormones during this time, you can control certain lifestyle factors like nutrition. Being mindful of lifestyle recommendations as much as possible will help you get and maintain clear skin during your pregnancy.
- If your doctor approves, strictly adhere to your home care routine.
- Many pre-natal vitamins contain iodides and/or biotin which are common acne triggers.
- Please fill out the attached **release form**. We cannot perform treatments or sell you active products without a signed copy of the release form on file. We would like to recommend certain products that are considered pregnancy safe, but we strongly urge you to share this document with your doctor for their approval.
- Included below are the ingredient listings for all products that could be recommended for use during your pregnancy and breastfeeding. We require discontinuing use of Salicylic, Vitamin A, and Trichloroacetic Acid (TCA) during pregnancy and nursing.

## PRODUCTS TO AVOID

- Daily SPF 30 (Butyloctyl Salicylate)
- Sal-C Toner (White Willow Bark and Salicylic Acid)
- Salicylic+ Serum (Salicylic Acid)
- Vitamin A Corrective Serum
- Vitamin A Corrective II Serum
- Clear Skin Peels (TCA)

Please confer with your doctor to see if there are any additional ingredients or products they discourage. Active products such as serums and **Acne Med** are what assist in clearing acne and assist us in being able to extract your acne lesions. If you are unable or unwilling to use any active products during your pregnancy, we do not recommend you continue to pay for treatments. Thank you for your cooperation.

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**CLIENT FORM**

Client Name: \_\_\_\_\_

Current Product Approved for Use by Physician Name Yes/No

\_\_\_\_\_

List any specific ingredients to avoid:

\_\_\_\_\_

\_\_\_\_\_

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**PRODUCTS ALLOWED**

**CLEANSERS**

- **Barrier Balance Creamy Cleanser**  
Aqua (Water), Sodium Stearoyl Glutamate, Glyceryl Stearate, Stearic Acid, Cocamidopropyl Betaine, Glycerin, Polyacrylate Crosspolymer-6, Cetyl Alcohol, Caprylic/Capric Triglyceride, Panthenol (D), Inulin, Hydrolyzed Jojoba Esters, Saccharide Isomerate, Allantoin, Bisabolol (L-alpha), Alpha-Glucan Oligosaccharide, Aloe Barbadensis Leaf Juice Powder, Centella Asiatica (Gotu Kola) Leaf Extract, Xanthan Gum, Phenoxyethanol, Ethylhexylglycerin, Sodium Hydroxide, Potassium Sorbate, Sodium Gluconate, Citric Acid, Sodium Citrate
- **Ultra Gentle Gel Cleanser**  
Aqua (Water), Cocamidopropyl Betaine, Glycerin, Decyl Glucoside, Xanthan Gum, Phenoxyethanol, Butylene Glycol, Fomes Officinalis (Mushroom) Extract, Citric Acid, Disodium EDTA, Potassium Sorbate, Hamamelis Virginiana (Witch Hazel) Water, Camellia Sinensis (Green Tea) Leaf Extract, Glycyrrhiza Glabra (Licorice) Root Extract, Panthenol (D), Ethylhexylglycerin, Alcohol
- **Antioxidant Scrub**  
Aqua (Water), Cellulose Acetate, Cocamidopropyl Betaine, Glycerin, Decyl Glucoside, Xanthan Gum, Phenoxyethanol, Butylene Glycol, Fomes Officinalis (Mushroom) Extract, Citric Acid, Disodium EDTA, Potassium Sorbate, Hamamelis Virginiana (Witch Hazel) Water, Glycyrrhiza Glabra (Licorice) Root Extract, Camellia Oleifera (Green Tea) Leaf Extract, Panthenol (D), Ethylhexylglycerin, Alcohol
- **Acne Face and Body Wash**  
**Active Ingredient:** 2.5% BPO  
**Inactive Ingredients:** Purified water, Ammonium Lauryl Sulfate, Glycerin, Disodium Cocoamphodiacetate, Propylene Glycol, Carbomer, Sodium Hydroxide
- **Acne Face and Body Scrub**  
**Active Ingredient:** 2.5% BPO  
**Inactive Ingredients:** Purified Water, Ammonium Lauryl Sulfate, Glycerin, Cellulose Acetate, Disodium Cocoamphodiacetate, Propylene Glycol, Carbomer, Sodium Hydroxide

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## CLEANSERS

- **L-Mandelic Face and Body Wash**  
Aqua (Water), Sodium C14-16 Olefin Sulfonate, Polyacrylate-1 Crosspolymer, Sodium Cocoamphoacetate, Propanediol, Hamamelis Virginia (Witch Hazel) Water, Gluconolactone, Mandelic Acid (L), Cocamidopropyl, Hydroxysultaine, Glycerin, Sodium Benzoate, Alcohol, Honey (Mel), Camellia Oleifera (Green Tea) Leaf Extract, Vitis Vinifera (Grape) Seed Extract, Actinidia Deliciosa (Kiwi) Fruit Extract
- **L-Mandelic Face and Body Scrub**  
Aqua (Water), Sodium C14-16 Olefin Sulfonate, Cellulose Acetate, Bambusa Arundinacea (Bamboo) Stem Extract, Sodium Cocoamphoacetate, Acrylates Copolymer, Hamamelis Virginiana (Witch Hazel) Water, Propanediol, Mandelic Acid (L), Gluconolactone, Glycerin, Phenoxyethanol, Cocamidopropyl Hydroxysultaine, Alcohol, Sodium Benzoate, Honey (Mel), Sodium Hydroxide, Vitis Vinifera (Grape) Seed Extract, Camellia Oleifera (Green Tea) Leaf Extract, Ethylhexylglycerin, Actinidia Deliciosa (Kiwi) Fruit Extract

## TONERS

- **Calming Facial Toner**  
Aqua (Water), Rosa Damascena (Rose) Flower Water, Glycerin, Aloe Barbadensis Leaf Juice, Polysorbate 20, Gluconolactone, Benzyl Alcohol, Sodium Benzoate, Allantoin, Caprylhydroxamic Acid, Bisabolol (L-alpha), Globularia Alypum Leaf Extract
- **Glycolic-Lactic Toner**  
Aqua (Water), Glycolic Acid, Lactic Acid (L), Propanediol, Alcohol Denat., Glycerin, Leuconostoc/Radish Root Ferment Filtrate, Hamamelis Virginiana (Witch Hazel) Water, Caprylyl Glycol, Sodium PCA, Sodium Gluconate, Chamomilla Recutita (Matricaria) Flower Extract, Alcohol, Allantoin, Ascorbic Acid (L)
- **Moisture Balance Toner**  
Hamamelis Virginiana (Witch Hazel) Water, Aqua (Water), Alcohol, Glycerin, Polysorbate 20, Leuconostoc/Radish Root Ferment Filtrate, Sodium Lactate, Sodium PCA, Sodium Gluconate, O-cymen-5-OL, Sorbitol, Proline (L), Fructooligosaccharides (D-beta), Glucosamine HCl (D), Gluconolactone, Sodium Hyaluronate (L), Sodium Benzoate, Phenethyl Alcohol, Caprylyl Glycol, Potassium Sorbate

## SERUMS

- **5% L-Mandelic Serum**  
Aqua (Water), Hamamelis Virginiana (Witch Hazel) Water, Mandelic Acid (L), Alcohol, Lactic Acid (L), Butylene Glycol, PPG-3 Benzyl Ether Myristate, Alcohol Denat., Niacinamide, Polyglyceryl-4 Caprate, Sodium Lactate, Xanthan Gum, Sodium PCA, Sodium Hyaluronate (L), Urea, Phenethyl Alcohol, Caprylyl Glycol, Potassium Sorbate
- **8% L-Mandelic Serum**  
Aqua (Water), Hamamelis Virginiana (Witch Hazel) Water, Mandelic Acid (L), Alcohol, Lactic Acid (L), Butylene Glycol, PPG-3 Benzyl Ether Myristate, Alcohol Denat., Niacinamide, Sodium Lactate, Xanthan Gum, Sodium PCA, Sodium Hyaluronate (L), Urea, Phenethyl Alcohol, Caprylyl Glycol, Potassium Sorbate

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- **11% L-Mandelic Serum**  
Aqua (Water), Hamamelis Virginiana (Witch Hazel) Water, Mandelic Acid (L), Lactic Acid (L), Alcohol, Butylene Glycol, PPG-3 Benzyl Ether Myristate, Alcohol Denat., Niacinamide, Polyglyceryl-4 Caprate, Sodium Lactate, Xanthan Gum, Sodium PCA, Sodium Hyaluronate (L), Urea, Phenethyl Alcohol, Caprylyl Glycol, Potassium Sorbate
- **15% L-Mandelic Serum**  
Aqua (Water), Hamamelis Virginiana (Witch Hazel) Water, Mandelic Acid (L), Lactic Acid (L), Alcohol, Butylene Glycol, PPG-3 Benzyl Ether Myristate, Alcohol Denat., Niacinamide, Sodium Lactate, Xanthan Gum, Sodium PCA, Sodium Hyaluronate (L), Urea, Phenethyl Alcohol, Caprylyl Glycol, Potassium Sorbate

## SERUMS

- **5% Glycolic Serum**  
Aqua (Water), Hamamelis Virginiana (Witch Hazel) Water, Alcohol Denat., Glycerin, Glycolic Acid, Alcohol, Phenoxyethanol, Hydroxyethylcellulose, Benzyl Alcohol, Plantago Lanceolata Leaf Extract, Sodium Gluconate, Caprylhydroxamic Acid, Ethylhexylglycerin, Xanthan Gum
- **10% Glycolic Serum**  
Aqua (Water), Glycolic Acid, Hamamelis Virginiana (Witch Hazel) Water, Alcohol Denat., Glycerin, Alcohol, Phenoxyethanol, Hydroxyethylcellulose, Benzyl Alcohol, Plantago Lanceolata Leaf Extract, Sodium Gluconate, Caprylhydroxamic Acid, Ethylhexylglycerin, Xanthan Gum
- **Antioxidant Peptide Serum**  
Aqua (Water), Glycerin, Caprylic/Capric Triglyceride, Phenoxyethanol, Sclerotium Gum, Xanthan Gum, Polyglyceryl-4 Caprate, Benzyl Alcohol, Sodium Gluconate, Caprylhydroxamic Acid, Ethylhexylglycerin, Acetyl Tributyl Citrate, Methylglucoside Phosphate, Copper Lysinate/Prolinate, Hydroxypropyl Cyclodextrin, Pichia/Resveratrol Ferment Extract, Palmitoyl Tripeptide-38, Phenyl t-Butylnitron

## ACNE TREATMENT PRODUCTS

- **Acne Med (2.5%; 5%; 10%)**  
**Active Ingredient:** Benzoyl Peroxide 2.5%; 5%; 10%  
**Inactive Ingredients:** Purified Water, Glycerin, Propylene Glycol, Carbomer, Sodium Hydroxide
- **Sulfur Spot Treatment**  
**Active Ingredient:** Sulfur 6%  
**Inactive Ingredients:** Aqua (Water), Butylene Glycol, Acacia Senegal Gum, Carbomer, Phenoxyethanol, Bisabolol, Allantoin, Benzyl Alcohol, Glycerin, Caprylhydroxamic Acid, Dextran, Sodium Hydroxide, Ethylhexylglycerin, Palmitoyl Tripeptide-8

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## SUNSCREEN

- **Ultimate Protection SPF 28**

**Active Ingredients:** 11.6% Zinc Oxide, 0.67% Titanium Dioxide

**Inactive Ingredients:** Aqua (Water), Caprylic/Capric Triglyceride, Cetearyl Alcohol, Cetearyl Glucoside, Coco-Caprylate/Caprinate, Polysorbate 60, Glycerin, Squalane, Glyceryl Isostearate, Dicaprylyl Ether, Isononyl Isononanoate, Magnesium Aluminum Silicate, 1,2-Hexanediol, Citric Acid, Caprylyl Glycol, Polyglyceryl-6 Polyricinoleate, Xanthan Gum, Polyhydroxystearic Acid, Leuconostoc/Radish Root Ferment Filtrate, Populus Tremuloides Bark Extract, Alumina, Gluconolactone, Potassium Sorbate, Aloe Barbadensis Leaf Juice Powder, Helianthus Annuus (Sunflower) Seed Oil, Trisodium Ethylenediamine Disuccinate, Lonicera Caprifolium (Honeysuckle) Flower Extract, Lonicera Japonica (Honeysuckle) Flower Extract, Fructooligosaccharides (D-beta), Allantoin, Simethicone, Tocopherol (D-alpha), Tropolone

## HYDRATORS

- **hydraBalance Gel**

Aqua (Water), Glycerin, Carbomer, Maltodextrin, Phenethyl Alcohol, Caprylyl Glycol, Sodium Hydroxide, Alcohol Denat., Sodium Hyaluronate (L), Aloe Barbadensis Leaf Juice Powder, Potassium Sorbate, Syringa Vulgaris (Lilac) Leaf Cell Culture Extract, Sodium Metabisulfite, Lonicera Japonica (Honeysuckle) Flower Extract, Santalum Austrocaledonicum (Sandalwood) Wood Oil, Trisodium Ethylenediamine Disuccinate, Hamamelis Virginiana (Witch Hazel) Water, Lavandula Angustifolia (Lavender) Oil, Rosa Damascena Flower Oil, Citric Acid, Lonicera Caprifolium (Honeysuckle) Flower Extract, Cananga Odorata (Ylang Ylang) Flower Oil, Chlorophyllin-Copper Complex, Totarol, Acetyl Tributyl Citrate, Alcohol, Cinnamomum Camphora (Camphor) Bark Oil, Citrus Aurantium Dulcis (Orange) Peel Oil, Phenyl t-Butylnitronone

## MOISTURIZERS

- **clearDerma Moisturizer**

Aqua (Water), Caprylic/Capric Triglyceride, Coco-Caprylate/Caprinate, Cetearyl Alcohol, Glyceryl Stearate, Glycerin, Tapioca Starch, Cetearyl Oliviate, Niacinamide, Carthamus Tinctorius (Safflower) Seed Oil, Phenoxyethanol, Alcohol Denat., Sorbitan Oliviate, Stearic Acid, Carbomer, Polysorbate 20, Polysorbate 60, Ethylhexylglycerin, Potassium Sorbate, Allantoin, Bisabolol, Maltodextrin, Hamamelis Virginia (Witch Hazel) Water, Citric Acid, Sodium Hydroxide, Fructooligosaccharides (D-beta), Citrus Nobilis (Mandarin Orange) Peel Oil, Camellia Sinensis (Green Tea) Leaf Extract, Chamomilla Recutita (Matricaria) Flower Extract, Syringa Vulgaris (Lilac) Leaf Cell Culture Extract, Totarol, Glycyrrhiza Glabra (Licorice) Root Extract, Citrus Aurantium Dulcis (Orange) Peel Oil, Vaccinium Macrocarpon (Cranberry) Fruit Extract

- **Cran-Peptide Cream**

Aqua (Water), Caprylic/Capric Triglyceride, Cetearyl Alcohol, Coco-Caprylate/Caprinate, Glycerin, Cetearyl Oliviate, Alcohol Denat., Phenoxyethanol, Sorbitan Oliviate, Xanthan Gum, Potassium Sorbate, Caprylyl Glycol, Sodium Gluconate, Aloe Barbadensis Leaf Juice Powder, Tocopheryl Acetate (D-alpha), Totarol, Ethylhexylglycerin, Eclipta Prostrata Extract, Hamamelis Virginiana (Witch Hazel) Water, Citric Acid, Melia Azadirachta (Neem) Leaf Extract, Alcohol, Hydroxypropyl Cyclodextrin, Methylglucoside Phosphate, Copper Lysinate/Prolinate, Moringa Oleifera Seed Extract, Vaccinium Macrocarpon (Cranberry) Fruit Extract, Palmitoyl Tripeptide-38, Maltodextrin, Sodium Hydroxide, Syringa Vulgaris (Lilac) Leaf Cell Culture Extract, Butylene Glycol, Hamamelis Virginiana (Witch Hazel) Extract

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## MASKS

- **HydraCalm Mask**

Aqua (Water), Glycerin, Propanediol, Butylene Glycol, Pentylene Glycol, Squalane, Carbomer, Lonicera Japonica (Honeysuckle) Flower Extract, Hydroxypropyl Starch Phosphate, Benzyl Alcohol, Hydrolyzed Jojoba Esters, Lonicera Caprifolium (Honeysuckle) Flower Extract, Alcohol Denat., Agave Tequilana (Blue Agave) Leaf Extract, Bisabolol (L-alpha), Allantoin, Sodium Gluconate, Caprylhydroxamic Acid, Totarol, Sodium Hyaluronate (L), Mirabilis Jalapa Flower/Leaf/Stem Extract, Phenethyl Alcohol, Caprylyl Glycol, Potassium Sorbate, Beta-Glucan (D)

- **Brighten-C Mask**

Aqua (Water), Caprylic/Capric Triglyceride, Stearic Acid, Glycerin, Cetyl Alcohol, Cetearyl Oliviate, Hydroxypropyl Starch Phosphate, Sorbitan Oliviate, Carthamus Tinctorius (Safflower) Seed Oil\*, Leuconostoc/Radish Root Ferment Filtrate, Undecylenoyl Phenylalanine, Sodium Stearoyl Glutamate, Benzyl Alcohol, Xanthan Gum, Sodium Gluconate, Caprylhydroxamic Acid, Ascorbic Acid (L), Diglucosyl Gallic Acid, Sodium Hyaluronate (L), Palmitoyl Tripeptide-5, Butylene Glycol, Rumex Occidentalis Extract, Dextran, Nonapeptide-1

## MASKS

- **Soothing Clay Mask**

Aqua (Water), Glycerin, Bentonite, Kaolin, Illite, Glyceryl Ricinoleate, Alcohol Denat., Cetearyl Alcohol, Cetearyl Oliviate, Caprylyl Glycol, Leuconostoc/Radish Root Ferment Filtrate, Sorbitan Oliviate, Polysorbate 60, Sodium Gluconate, Charcoal Powder, O-cymen-5-OL

## EYE CARE

- **Antioxidant Peptide Eye Gel**

Aqua (Water), Glycerin, Phenoxyethanol, Albizia Julibrissin Bark Extract, Carbomer, Glycosaminoglycans, Benzyl Alcohol, Sodium Hydroxide, Caprylyl/Capryl Glucoside, Coffea Robusta (Green Coffee) Seed Extract, Ptychopetalum Olacoides Bark/Stem Extract, Pfaffia Paniculata Root Extract, Sodium Gluconate, Caprylhydroxamic Acid, Aloe Barbadensis Leaf Juice Powder, Lilium Candidum Flower Extract, Ethylhexylglycerin, Steareth-20, Chrysin, Hydroxypropyl Cyclodextrin, Palmitoyl Tripeptide-38, N-Hydroxysuccinimide, Palmitoyl Tripeptide-1, Darutoside, Palmitoyl Tetrapeptide-7, Acetyl Tetrapeptide-5

## PEELS AND ENZYMES

- **Bright Skin Peel 1**

Aqua (Water), Lactic Acid (L), Glycerin, Polyacrylate Crosspolymer-6, Isomalt, Phenoxyethanol, Benzyl Alcohol, Potassium Azeloyl Diglycinate, Kojic Acid, Sodium Gluconate, Caprylhydroxamic Acid, Lecithin, Ethylhexylglycerin, Hydrolyzed Opuntia Ficus-Indica Flower Extract, Diglucosyl Gallic Acid, Symphytum Officinale Callus Culture Extract, Hexanoyl Dipeptide-3 Norleucine Acetate

- **Hydrating Enzyme Treatment**

Aqua (Water), Caprylic/Capric Triglyceride, Squalane, Glycerin, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Cetearyl Alcohol, Behenyl Alcohol, Carnitine (L), Sodium Acrylate/Acryloyldimethyltaurate/Dimethylacrylamide Crosspolymer, Phenoxyethanol, Coco-Glucoside, Isohexadecane, Benzyl Alcohol, Sodium PCA, Sodium Gluconate, Caprylhydroxamic Acid, Polysorbate 60, Allantoin, Bisabolol, Carica Papaya (Papaya) Fruit Extract, Sodium Hyaluronate (L), Ethylhexylglycerin, Papain, Caprylyl Glycol, Acetyl Heptapeptide-4

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