

# RODAN+FIELDS® UNBLEMISH

Regimen for Acne  
and Post Acne Marks



RODAN+FIELDS®  
DERMATOLOGISTS

## How Does the **UNBLEMISH** Regimen Work?

Based on Multi-Med® Therapy, **UNBLEMISH** is a complete skincare system that combines active cosmetic and OTC ingredients that penetrate pores to eliminate acne blemishes before they are visible on the skin's surface. As many acne sufferers have post inflammatory hyperpigmentation (PIH), the remnant red/brown marks following a blemish, we offer **UNBLEMISH** Spot Fading Toner. However, if you are one of the lucky few who does not have PIH, use our **UNBLEMISH** Clarifying Toner as an alternative. Finally, because sun exposure can worsen acne and can also cause dark marks, we've included a broad spectrum SPF 20 sunscreen in this comprehensive plan of attack. By combining the right ingredients, in the right formulations, and using them in the right order, the regimen:

- Clears acne blemishes and helps prevent new ones from forming.
- Helps reduce the appearance of blotchiness and redness associated with breakouts.
- Deep cleans skin, clears pores and calms irritation.
- Visibly lightens and helps reduce the appearance of post acne marks.
- Defends skin against damaging UVA/UVB rays with a broad spectrum sunscreen.
- Helps control the appearance of oily skin.



## Write Your Prescription for Change™

As practicing dermatologists, we know the difference that great skin can make in people's lives. We also know that though every-day skin conditions can be complex, the solutions don't have to be. That's why we developed Rodan + Fields® skincare with our Multi-Med® Therapy approach, designed to deliver the right medicines, in the right formulations, in the right order, to truly transform your skin. With our clinically proven, easy-to-use regimens, great skin and the confidence and self-esteem that come with it are available to everyone without a trip to the dermatologist.

### ADDITIONAL QUESTIONS?

For a customized skincare recommendation from Dr. Katie Rodan and Dr. Kathy Fields, visit the Solution Tool at your Rodan + Fields Consultant's personal website or [www.rodanandfields.com](http://www.rodanandfields.com). For skin or product-related questions, contact our team of nurses and skincare experts at the RF Connection at [www.rodanandfields.com/rfconnection](http://www.rodanandfields.com/rfconnection) or 415.273.8000.

**RODAN+FIELDS®**  
**DERMATOLOGISTS**  
prescription for change™

Disclaimer: The information in this brochure is not intended to be used as a substitute for medical advice. Results may vary depending upon the individual and will depend on multiple factors including your age, gender, skin type and condition, concomitant products used, health history, where you live (climate, humidity), lifestyle and diet. Rodan + Fields® makes no guarantee as to the results that you may experience.

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# Take control of blemishes and stop them from controlling you.

With triggers such as genetics, stress and hormones, acne is the most frequently diagnosed condition by dermatologists and affects nearly 85% of people at some point in their lives. Acne is not just a teenage concern; in fact, it affects approximately 30-40% of adult women.

Whatever your age, the psychological impact can be significant. People with acne suffer from embarrassment, frustration and low self-esteem. Fortunately, while not curable, acne is treatable and controllable.

We developed the Rodan + Fields® **UNBLEMISH** Regimen as a continuous solution that addresses the acne cycle—clogged pores, trapped oil, bacterial attack, inflammation and hyperpigmentation. With daily use over the entire face, the **UNBLEMISH** Regimen helps keep pimples and post acne dark marks from making an unwelcome appearance on your face and in your life.

*Kathe Rodan M.D.*      *Kathy Fields, M.D.*

## UNBLEMISH Results

Everyone's skin is different and for some people it may take longer to see results. Be patient. Initially, you may experience more temporary breakouts. It usually takes four to six weeks to see results, however it may take as long as eight weeks for noticeable improvement.

BEFORE\*\*

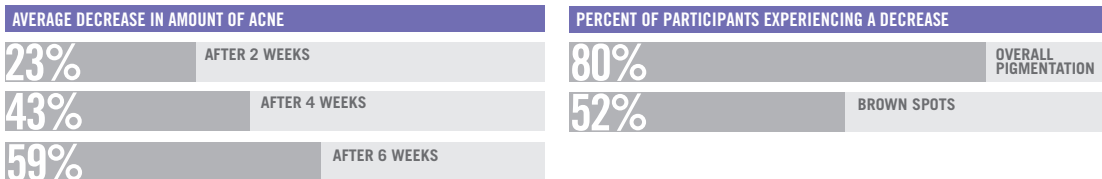


AFTER\*\*



\*\*Unretouched photos after four weeks of use. Results may vary.

After six weeks of use, **UNBLEMISH** Regimen users experienced the following clinically measured results\*:



\* Clinical data is based on twice daily use of **UNBLEMISH** Acne Treatment Sulfur Wash, Spot Fading Toner, Dual Intensive Acne Treatment and Oil Control Lotion. Results may vary.

## The 4-Product **UNBLEMISH** Regimen

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### **1** UNBLEMISH Acne Treatment Sulfur Wash

Medicated cleanser with an OTC level of 3% sulfur penetrates pores to control acne blemishes and reduce redness. Pores stay clear, allowing the treatments that follow to penetrate into pores.

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### **2** UNBLEMISH Spot Fading Toner

Alcohol-free toner contains dermatologist-preferred 2% hydroquinone to lighten the appearance of dark spots. Salicylic acid removes dead skin cells, keeps pores clear and prepares skin for the steps that follow.

**OR**



### **2** UNBLEMISH Clarifying Toner

Alcohol-free toner gently clears pores with mild alphahydroxy acids. Antioxidants calm the complexion and prepare skin for the steps that follow.

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### **3** UNBLEMISH Dual Intensive Acne Treatment

Unique dual-chamber delivery system ensures maximum efficacy of 2.5% benzoyl peroxide into pores, helping prevent the development of new acne blemishes.

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### **4** UNBLEMISH Oil Control Lotion

Broad spectrum SPF 20 sunscreen is formulated specifically for acne-prone skin. Lightweight formula reduces the appearance of oily skin as it helps defend against UV rays that intensify the appearance of post acne marks and uneven skin tone.

## Getting Started

Begin the **UNBLEMISH** Regimen slowly in order to let skin acclimate. Follow the schedule below for best results:

### Week 1

|         | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---------|-------|-------|-------|-------|-------|-------|-------|
| MORNING | •     |       | •     |       | •     |       | •     |
| EVENING |       |       |       |       |       |       |       |

### Week 2

|         | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---------|-------|-------|-------|-------|-------|-------|-------|
| MORNING | •     | •     | •     | •     | •     | •     | •     |
| EVENING |       |       |       |       |       |       |       |

### Week 3

|         | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---------|-------|-------|-------|-------|-------|-------|-------|
| MORNING | •     | •     | •     | •     | •     | •     | •     |
| EVENING |       | •     |       | •     |       | •     |       |

### Week 4

|         | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---------|-------|-------|-------|-------|-------|-------|-------|
| MORNING | •     | •     | •     | •     | •     | •     | •     |
| EVENING | •     | •     | •     | •     | •     | •     | •     |

- Use **UNBLEMISH** Oil Control Lotion every morning, even during Week 1. Omit this step in the evening.
- The **UNBLEMISH** Regimen is introduced slowly so during the first three weeks, use a gentle cleanser, toner, moisturizer and sunscreen when not using the regimen. During the ramp up period and while skin acclimates to the OTC medicines, avoid exfoliating products such as peels, mechanical brushes, wash cloths, professional microdermabrasion and products with retinol or hydroxy acids.
- If your skin becomes clear of blemishes at week two or three, you may continue with that schedule and not advance to twice a day. However, if you begin to breakout, simply continue to advance to twice daily as directed and tolerated.
- If redness and/or irritation occur, take a break from the regimen for 2-3 days. During this time, we recommend using gentle, calming products that reduce the appearance of redness, such as those in the **SOOTHE** line.
- If no improvement of dark marks are seen after three months of treatment, use of **UNBLEMISH** Spot Fading Toner should be discontinued and replaced with **UNBLEMISH** Clarifying Toner.

## SUPPLEMENT YOUR REGIMEN

If dryness occurs after using **UNBLEMISH** Dual Intensive Acne Treatment at night, we recommend **SOOTHE** Sensitive Skin Treatment to help reduce the visible signs of inflammation and moisturize skin. If more moisturization is needed, layer **SOOTHE** Moisture Replenishing Cream over **UNBLEMISH** Dual Intensive Acne Treatment instead of **SOOTHE** Sensitive Skin Treatment.

To even and perfect your complexion, try **ENHANCEMENTS** Mineral Peptides with broad spectrum UVA/UVB sunscreen.

To instantly mattify skin throughout the day, try **UNBLEMISH** Blot Papers with Zincidone.™

Clean face of makeup prior to using **UNBLEMISH** Acne Treatment Sulfur Wash as this step is meant to help clear pores and is not a heavy makeup remover. We suggest using **REDEFINE** Eye Cloths to remove all makeup and then following with **UNBLEMISH** Acne Treatment Sulfur Wash as directed.

## DOCTORS' TIPS

Because it can take 2-3 weeks for a blemish to surface, we find that spot treatments are largely ineffective. However, if an emergency pimple fix is necessary, try applying an ice cube covered with a napkin for 10-15 minutes to reduce redness and swelling, then apply **UNBLEMISH** Dual Intensive Acne Treatment.

Don't skip the sunscreen. People believe that sun helps to clear up their acne because a tan masks the redness of a breakout and may, in fact, dry pimples up a bit faster. In reality, over time sun exposure causes breakouts rather than clears them. With every tan, cell proliferation increases, building up more dead cells, blocking pores, causing more breakouts. On top of that, UV rays will intensify the appearance of post acne dark marks. Skipping sunscreen is not a viable way to manage acne and will often make it appear worse.

Benzoyl peroxide can cause bleaching, so we suggest using white towels when using the **UNBLEMISH** Regimen.

We recommend that a woman who is pregnant or nursing confer with her physician about her current products and before making any change to her skincare routine. Providing the appropriate ingredient lists will help inform the physician.

## Frequently Asked Questions

[My skin is looking clear. Now what do I do?](#)

Acne is not curable but it is treatable and controllable. If the **UNBLEMISH** Regimen is helping clear your skin, stay on it. There is no limit to the length of time you can use the **UNBLEMISH** Regimen. You can reduce the frequency of use from twice a day to once a day and determine if that is enough to keep your skin clear. If not, increase to twice daily. If you discontinue **UNBLEMISH**, your acne blemishes are likely to return.

[I only break out once a month. Do I need the entire \*\*UNBLEMISH\*\* Regimen?](#)

Yes. Even one pimple can mean you have acne. The **UNBLEMISH** Regimen provides the right ingredients, in the right formulations, in the right order, to address all aspects of the treatment and control of acne. In order to receive the benefits of the system, the entire regimen must be used on a consistent basis.

[Which \*\*UNBLEMISH\*\* Toner is right for me?](#)

We designed **UNBLEMISH** to help clear up and control acne blemishes and to help prevent the development of new ones. For a significant number of acne sufferers, this includes the remnant brown marks that remain after a blemish has healed. If you are 12 years of age or older and are in this majority, use **UNBLEMISH** Spot Fading Toner which helps to visibly lighten these souvenirs. If you are one of the lucky few who do not battle dark marks, use **UNBLEMISH** Clarifying Toner.

[I was using the \*\*REVERSE\*\* Regimen in the morning and the \*\*UNBLEMISH\*\* Regimen in the evening. Should I just use the \*\*UNBLEMISH\*\* Regimen with Spot Fading Toner twice a day?](#)

Depending on the severity of your acne and brown spots, you may benefit more from the **UNBLEMISH** Regimen with the Spot Fading Toner twice a day. Please consult the Solution Tool for a customized recommendation from Dr. Katie Rodan and Dr. Kathy Fields. The Solution Tool is available exclusively through your Rodan + Fields® Independent Consultant.