



## Clear Future®

### Collection Focus Guide

#### DID YOU KNOW?

Blemishes are the leading cause for visits to a dermatologist. Approximately 70%–87% of adolescents experience some acne, and it can frequently continue into adulthood. Although specific reasons are unclear, the number of people experiencing acne appears to be increasing.

***The following content is for educational purposes only. It is not intended to make health claims regarding our products.***

Blemishes can vary greatly in type and severity. They occur when pores become clogged from increased sebum or oil production, along with decreased cellular turnover. Pores can get clogged when cellular turnover is slowed due to excess oil or an imbalance in bacteria on the skin surface, as well as inflammatory effects from hormone fluctuations or dietary choices.

Almost everyone experiences some clogged pores and blemishes in their lives, especially during adolescence. Various grades of blemish prone skin, ranging in apparent severity and frequency, can be experienced throughout adolescence and adulthood.

In teen years, blemishes will often progress from the nose and forehead to other facial areas. Blemishes may also start to spread to the chest and shoulders, with occasional breakouts on the back, especially in males. Adult women may find greater breakout activity in the cheek, chin, and jawline areas, especially just before and during the menstrual cycle. These are times when an anti-blemish system may be in order.

Healthy skin is balanced, smooth, clear and glowing, with controlled oil production and small, even, unclogged pores. Improving the appearance of blemished skin and supporting healthy, balanced skin starts with better understanding the needs, function and regulation of the skin's ecosystem.

In a healthy skin ecosystem, dead skin cells rise to the skin's surface to be shed. When the skin produces excess sebum or oil, dead skin cells can stick together and become trapped inside the pores. These trapped cells clog the pores, and blemishes begin to appear.

Bacteria live on the skin's surface, and can sometimes get inside a clogged pore. The oily, or sebaceous, glands of the head, neck, and chest or back secrete a mixture of lipids, called sebum, which is dominated by blemish causing bacteria. A clogged pore can become inflamed and red when bacteria get inside it, which can trigger a blemish formation. Keeping the skin's ecosystem in balance, including sebum production, with cleansing, hydration and support of the natural defenses of the skin and its functions can help minimize future blemish formation.

When skin is viewed under a microscope, you can see it has its own ecosystem, or biological community of interacting organisms, similar to a rainforest. It has many diverse sections and layers, as well as both good and harmful bacteria. The skin's primary function is to serve as a physical barrier to protect our body from harmful foreign organisms or toxic substances. Four barriers help regulate and keep the skin's ecosystem in balance:

- **Microbiological or ecoflora:** Skin's natural ally to protect against undesirable bacteria
- **Physical barrier or stratum corneum:** Functions as the wall to protect and allow exchanges of molecules from inside and outside the skin
- **Biological barrier or epidermis:** Physical structure of the skin
- **Hair barrier:** Protects against external aggressors such as UV light

## Nutrition

Skincare products are one important step to supporting a balanced skin ecosystem, but they are not the only area to consider. You also need to focus on health from the inside out with the right nutrition to achieve glowing, clear, balanced skin. Our skin can be a reflection of the overall health of our body and digestive system.

Tips for supporting skin from the inside out:

- **Optimise digestion:** The body's overall health is connected to how foods are digested. Good digestion helps the body absorb nutrients from foods; improper or unbalanced digestion can lead to mineral or vitamin deficiencies. Boost good bacteria with probiotics: The digestive system naturally has billions of bacteria, like the skin. Digestive health can be supported by promoting growth of good bacteria, along with lowering the amount of harmful bacteria. Probiotics provide strains of good bacteria to help replenish and support the digestive tract. These good bacteria help support the immune system from the inside out.
- **Supplement your diet with digestive enzymes:** This helps the body process foods more effectively and the digestive system function optimally. Digestive enzyme levels decline with age, so a supplement can be necessary to support good function.
- **Get plenty of nutritious fibre:** Fibre helps keep things moving in the digestive tract and sweeps out toxins. Fibre supplements can help support the toxin elimination from the body.
- **Add healthy fats to your diet:** Research demonstrates most people aren't consuming the needed levels of essential fatty acids, such as omega-3.
  - Minimise trans fats and saturated fats that could contribute to an unhealthy vascular system, which may impact other parts of the body, such as the skin.
  - Include plenty of healthy fats and oils such as olive oil; coconut oil; avocados; nuts and omega-3-rich seeds; and fatty fish such as salmon, tuna or white fish.
  - Take an omega-3 supplement to help balance essential fatty acid levels in your diet.
- **Boost key vitamins and minerals:**
  - **Vitamin A:** Shown in studies to reduce sebum production and support skin health on the surface.
  - **B vitamins:** High doses of vitamin B5, also known as pantothenic acid, supported healthier, more balanced skin and decreased pore size, according to a published study.
  - **Vitamin C:** Important for tissue growth, repair, and collagen production. It has also been shown to minimise free radical damage.
  - **Zinc:** Helps balance oil gland production, helps support collagen and healthier skin, and helps prevent free radical damage.

Since most people have used antibiotics to kill pathogenic or "bad" microorganisms, the idea of "good" microorganisms may be difficult to understand. However, more beneficial microorganisms live in the human body than harmful ones. Probiotics support the body's immune system, which, in turn, helps support overall healthy skin balance. This balance can be restored and maintained by supporting the growth of good microorganisms, resulting in fewer harmful microorganisms.

Prebiotics like oligosaccharides are made of linked sugar molecules and, when taken orally or used topically, help support the growth of beneficial microorganisms. Oligosaccharides, when in abundance, are an easily digestible food source for skin's beneficial microflora. Prebiotics balance the skin's ecosystems, supporting the healthy, beneficial microorganisms, which can result in normal, healthy, balanced skin.

In the presence of good and harmful bacteria, supplementing with probiotics and prebiotics results in more good bacteria and a reduction of harmful bacteria.

## The Clear Future® Story

Clear Future products were developed as a complete system to help target blemishes. The anti-blemish formulas are powered with salicylic acid and prebiotics, along with a unique blend of efficacious botanicals, to calm and soothe skin. Daily, consistent use as a regime helps skin appear more even toned and clear. The system is clinically tested to deliver faster results with key ingredients, including:

- **Salicylic acid:** Potent exfoliant
- **Prebiotics or alpha-glucan oligosaccharide:** Derived from bio-fermentation and natural sugars, helps mattify and moisturise skin
- **Exopolysaccharide:** Derived from marine algae, helps mattify skin and absorb sebum at the skin's surface
- **Naturally derived polysaccharide, rhamnose, glucose, glucuronic acid:** Derived from bio-fermentation and natural sugars, protect the skin's moisture barrier

## The Arbonne Advantage

A blemish fighting skincare regime, powered by salicylic acid and efficacious botanicals combined with prebiotics, delivers skin that looks more even toned, healthy and clear of blemishes without over drying.

### The Clear Future Collection Includes:

- Deep Pore Blemish Cleanser
- Exfoliating Blemish Pads
- Mattifying Blemish Lotion
- Intensive Blemish Calming Lotion
- Soothing Overnight Mask

## Clinical Grading Results

After 3 days

- 38% showed a reduction in blemishes
- 76% showed visible improvement in skin redness
- 100% showed improvement in moisturisation

After 1 week

- 79% showed a reduction in blemishes
- 79% showed visible improvement in skin redness
- 88% showed improvement in the appearance of dark spots (skin discolouration)

After 4 weeks

- 84% showed a reduction in blemishes
- 75% showed visible improvement in skin redness

Results are compared to baseline; based on a study of 30 participants using the Clear Future daily regime of Deep Pore Blemish Cleanser, Exfoliating Blemish Pads, and Mattifying Blemish Lotion.

## Results



## Perception Results

After 4 weeks

- 91% would recommend the products to a friend or family member
- 84% would replace their existing blemish products with these products
- 91% reported an improvement in clogged pores
- 94% reported a reduction in oiliness and shine

Based on a study of 30 participants using the Clear Future daily regime of Deep Pore Blemish Cleanser, Exfoliating Blemish Pads, and Mattifying Blemish Lotion.

**Let's be clear. Get the 4 step system, containing prebiotics, including Deep Pore Blemish Cleanser, Exfoliating Blemish Pads, Intensive Blemish Calming Lotion and Mattifying Blemish Lotion.**

# DEEP PORE BLEMISH CLEANSER

## Features

- Strong enough to deliver a thorough cleansing of built up dirt, oil and debris, which causes spots on the skin
- Gentle formula, with prebiotics and soothing botanicals, gently cleanses while leaving skin hydrated to promote healthy looking skin.
- Removes dead skin cells and impurities with exfoliation
- Dermatologist and allergy tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

## Benefits

- Salicylic acid offers exfoliating benefits
- Prebiotics or alpha-glucan oligosaccharide helps mattify and moisturise skin
- Naturally derived polysaccharide protects skin's moisture barrier
- Sage leaf extract, calendula flower extract, and witch hazel help condition and soothe skin
- White willow bark extract boosts exfoliation to reveal the next layer of skin

## How to Use

Morning and evening, apply to damp face, massaging in circular motions while concentrating on areas of congestion and oiliness. Avoid eye area. Rinse thoroughly with warm water and pat dry. Because excessive drying of the skin may occur, start with one application daily, then gradually increase to 2–3 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.



# EXFOLIATING BLEMISH PADS

## Features

- Exfoliates and refines pores
- Gentle formula with soothing botanicals and prebiotics moisturises to promote healthy looking skin.
- Removes dead skin cells and impurities
- Provides extra clarifying benefits when used after cleansing
- Dermatologist and allergy tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

## Benefits

- Salicylic acid offers exfoliating benefits
- Prebiotics or alpha-glucan oligosaccharide helps mattify and moisturise skin
- Exopolysaccharide, derived from marine algae, helps mattify skin and absorb sebum at the skin's surface
- Naturally derived polysaccharide protects skin's moisture barrier
- Sage leaf extract, calendula flower extract, and witch hazel help condition and soothe skin
- White willow bark extract boosts exfoliation to reveal next layer of skin



## How to Use

Cleanse the skin thoroughly before applying this product. Apply presoaked pad to entire face or cover the entire affected area with a thin layer 1–3 times daily. Because excessive drying of the skin may occur, start with one application daily, then gradually increase to 2–3 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.

# MATTIFYING BLEMISH LOTION

## Features

- Lightweight, non-oily hydrator containing prebiotics provides essential moisture without shine
- Absorbs oil while soothing skin and preventing dryness
- Dries blemishes
- Dermatologist and allergy tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

## Benefits

- Salicylic acid offers exfoliating benefits
- Prebiotics or alpha-glucan oligosaccharide helps mattify and moisturise skin
- Exopolysaccharide, derived from marine algae, helps mattify skin and absorb sebum at the skin's surface
- Proprietary sea buckthorn oil, a natural source of omega-9, 6, 3, and 7 fatty acids, maintains skin's moisture barrier function
- Naturally derived polysaccharide protects skin's moisture barrier
- Sage leaf extract, calendula flower extract, and witch hazel help condition and soothe skin
- White willow bark extract boosts exfoliation to reveal next layer of skin



## How to Use

Cleanse skin thoroughly before applying this product. Cover the entire affected area with a thin layer 1–3 times daily. Because excessive drying of the skin may occur, start with one application daily, then gradually increase to 2–3 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.

# INTENSIVE BLEMISH CALMING LOTION

## Features

- Strong enough to immediately target blemishes with a fast acting formula containing prebiotics, yet gentle enough not to over dry skin
- Helps improve the appearance of skin tone
- Dermatologist and allergy tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

## Benefits

- Salicylic acid offers exfoliating benefits
- Prebiotics or alpha-glucan oligosaccharide helps mattify and moisturise skin
- Exopolysaccharide, derived from marine algae, helps mattify skin and absorb sebum at the skin's surface
- Naturally derived polysaccharide protects skin's moisture barrier
- Sage leaf extract, calendula flower extract, and witch hazel help condition and soothe skin
- White willow bark extract boosts exfoliation to reveal next layer of skin

## How to Use

Cleanse skin thoroughly before applying this product. Cover the entire affected area with a thin layer 1–3 times daily. Because excessive drying of the skin may occur, start with one application daily, then gradually increase to 2–3 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.



# SOOTHING OVERNIGHT MASK

## Features

- Provides cooling comfort to soothe and calm skin
- Balancing formula with prebiotics helps condition and moisturise skin to support clean, radiant looking skin
- Delivers beneficial, non-greasy hydration for soft, smooth skin
- Helps prevent impurities from settling into and clogging pores
- Dermatologist and allergy tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

## Benefits

- Prebiotics or alpha-glucan oligosaccharide helps mattify and moisturise skin
- Exopolysaccharide, derived from marine algae, helps mattify skin and absorb sebum at skin's surface
- Naturally derived polysaccharide protects skin's moisture barrier
- Sage leaf extract, calendula flower extract, and witch hazel help condition and soothe skin
- Proprietary sea buckthorn oil, a natural source of omega-9, 6, 3, and 7 fatty acids, maintains skin's moisture barrier function



## How to Use

Apply evenly over clean face. Wait until completely dry and go to sleep. Rinse thoroughly in the morning and continue with daily Clear Future blemish regime. Apply 2–3 times a week or as often as needed.

