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**CLEAR FUTURE.®**  
*Collection Focus Guide*



## *The breakout role.*

Acne is 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.



Luke Huntington  
Arbonne Independent Consultant  
Executive Area Manager

## WHAT IS ACNE?

Acne is a skin condition characterized by whiteheads, blackheads, and red pimples or lesions. It occurs 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.

## ACNE THROUGH THE STAGES

Almost everyone experiences some clogged pores and pimples in their lives, especially during adolescence. Various grades of acne, depending on severity, can be experienced throughout adolescence and adulthood.

In teen years, acne will often progress from the nose and forehead to other areas of the face. It may 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.



**Emma Sangster**  
Arbonne Independent Consultant  
Executive National Vice President

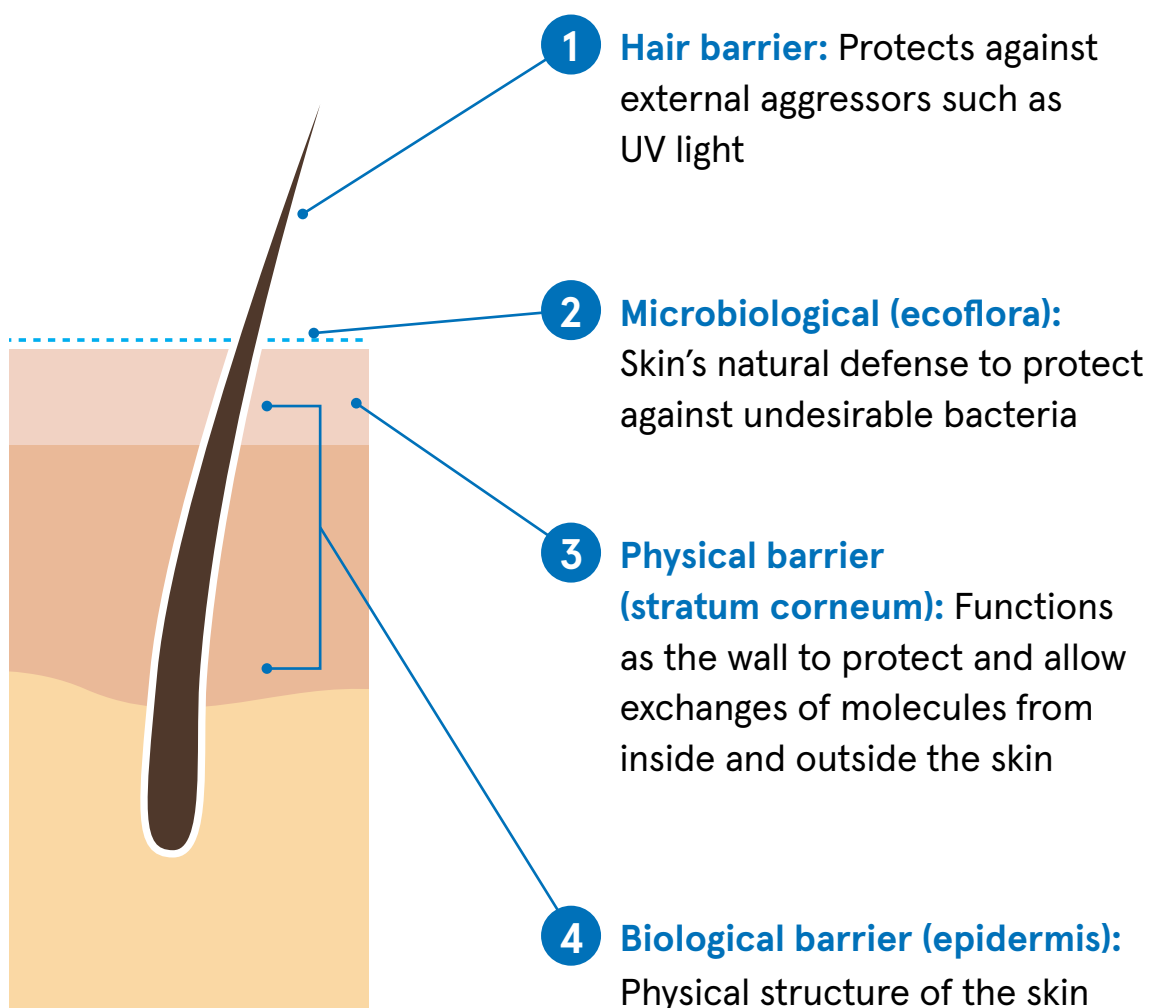
**Lyndsey Tinsley**  
Arbonne Independent Consultant  
Regional Vice President

## UNDERSTANDING THE SKIN'S ECOSYSTEM

The skin's primary function is to serve as a physical barrier to protect our body from harmful foreign organisms or toxic substances.

When skin is viewed under a microscope, you can see it has its own ecosystem – a biological community of interacting organisms – similar to a rainforest. It has many diverse sections and layers, as well as both good and harmful bacteria.

### Four barriers help regulate the skin's ecosystem:



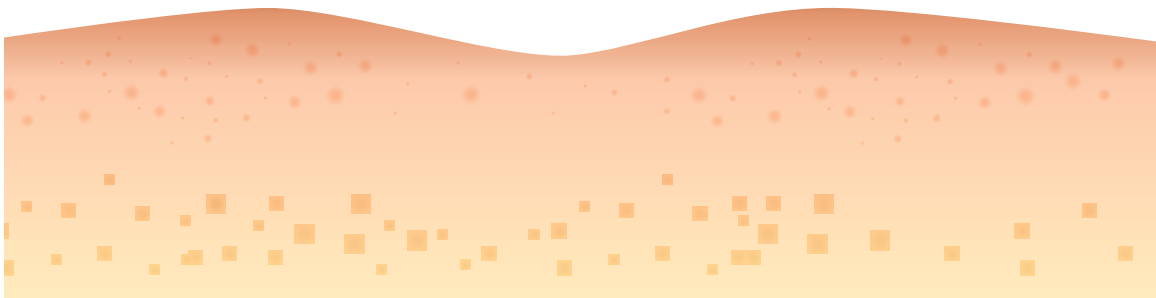
## THE DEVELOPMENT PHASE



Bacteria known as *Propionibacterium acnes* (*P. acnes*) live on the skin's surface and can sometimes get inside a clogged pore. The oily glands of the head, neck, chest, or back secrete a mixture of lipids called sebum, which is dominated by the *Propionibacterium* species, including *P. acnes*. A clogged pore can become inflamed and red when *P. acnes* get inside it, which can trigger an acne blemish formation.



Keeping the skin's ecosystem in balance, including sebum production and *P. acnes*, can help minimize and prevent future acne formation.



## SUPPORTING BALANCED SKIN

Healthy skin is balanced, smooth, clear, and glowing, with controlled oil production and small, even, unclogged pores. Supporting healthy, balanced skin starts with a better understanding of 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 acne begins to appear.

## THE ROLE OF NUTRITION

Skincare products are one critical step to achieving 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.



## BALANCED SKIN FROM WITHIN



**Probiotics:** The digestive system naturally has billions of bacteria, like the skin. 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:** 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.



**Digestive enzymes:** This helps the body process foods more effectively and the digestive system function optimally.

Choose **Arbonne Essentials® Digestion Plus** to supplement your diet with prebiotics, probiotics and enzymes every day!





Jennie Bregande  
Arbonne Independent Consultant  
District Manager



## ADDITIONAL SKIN BOOSTERS

### Vitamin A

Shown in studies to reduce sebum production and support skin health on the surface.

### Vitamin C

Important for tissue growth, repair, and collagen production. It has also been shown to minimize free radical damage.

### 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.

### Zinc

Helps balance oil gland production, support collagen and healthier skin, and helps prevent free radical damage.



Jordan Carroll  
Arbonne Independent Consultant

## THE CLEAR FUTURE STORY

Clear Future products were developed as a complete system to help keep skin clear as well as reduce and help prevent acne blemishes. The acne 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 regimen helps skin appear more even-toned and clear. The system is clinically proven to deliver faster results with consistent use.

### Clinical Grading Results

#### After 3 days

**38%** showed a reduction in acne blemishes

**76%** showed visible improvement in skin redness

**100%** showed improvement in moisturization

#### After 1 week

**79%** showed a reduction in acne blemishes

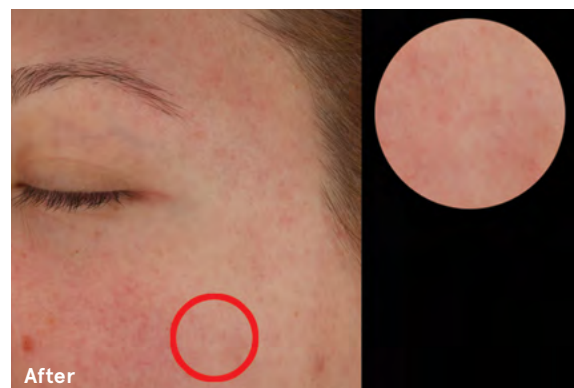
**79%** showed visible improvement in skin redness

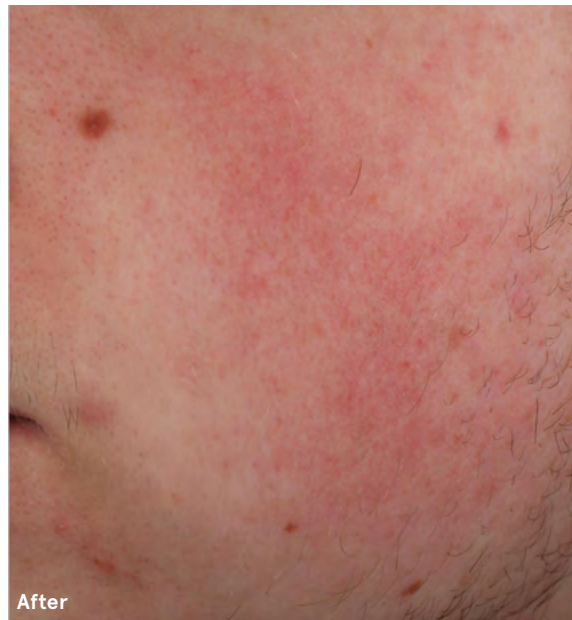
**88%** showed improvement in the appearance of dark spots (skin discoloration)

#### After 4 weeks

**84%** showed a reduction in acne blemishes

**75%** showed visible improvement in skin redness





*Clinical study of 30 participants using the Clear Future daily regimen of Deep Pore Acne Cleanser, Corrective Treatment Pads, and Mattifying Acne Treatment Lotion. Results compared to baseline.*

A close-up photograph of several overlapping green leaves. The leaves have a distinct, textured surface with prominent, raised veins. The color is a vibrant, slightly dark green. The lighting is soft, highlighting the intricate patterns of the leaf veins.

## *The Arbonne Advantage*

An acne-fighting skincare regimen, powered by salicylic acid and efficacious botanicals combined with prebiotics, delivers skin that looks more even-toned and healthy without over-drying.

## KEY INGREDIENTS

**Salicylic acid:** Potent exfoliant known for its anti-bacterial properties.



**Prebiotics (alpha-glucan oligosaccharide):** Derived from bio-fermentation and natural sugars, helps mattify and moisturize skin.



**Exopolysaccharide:** Derived from marine algae, helps mattify skin and control sebum by absorbing it 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 Clear Future Collection



- ◆ Deep Pore Acne Cleanser
- ◆ Intensive Acne Spot Treatment
- ◆ Corrective Acne Treatment Pads
- ◆ Soothing Overnight Mask
- ◆ Mattifying Acne Treatment Lotion

To learn more about each product, visit The Source and search:  
[Clear Future Meet the Product Sheets.](#)

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