RODAN+FIELDS
UNBLEMISH
Regimen for Acne, Blemishes and Breakouts
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 and inflammation. With daily use over the entire face, the UNBLEMISH Regimen helps keep pimples from making an unwelcome appearance on your face and in your life.

Katie Rodan, M.D.  Kathy Fields, M.D.
How Does the **UNBLEMISH** Regimen Work?

Based on Multi-Med® Therapy, **UNBLEMISH** is a complete skincare system that combines cosmetic and OTC ingredients that clear pores, eliminate acne causing bacteria and reduce facial redness and irritation. 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.
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.

UNBLEMISH Clinical Results

Clinical data is based on twice daily use of UNBLEMISH Acne Treatment Sulfur Wash, Clarifying Toner, Dual Intensive Acne Treatment.

AVERAGE DECREASE IN AMOUNT OF ACNE

16% after 2 weeks
42% after 4 weeks
63% after 6 weeks

*Clinical data is based on twice daily use of UNBLEMISH Acne Treatment Sulfur Wash, Clarifying Toner and Dual Intensive Acne Treatment. Results may vary.

BEFORE**

AFTER**

*Unretouched photos after six weeks of use. Results may vary.
### The 3-Product UNBLEMISH Regimen

1. **UNBLEMISH Acne Treatment Sulfur Wash**
   Medicated cleanser with an OTC level of 3% sulfur unclogs pores to control acne blemishes and reduce redness. Pores stay clear and prepared for the treatments that follow.

2. **UNBLEMISH Clarifying Toner**
   Alcohol-free toner gently clears pores with mild alpha hydroxy acids. Antioxidants calm the complexion and prepare skin for the steps that follow.

3. **UNBLEMISH Dual Intensive Acne Treatment**
   Unique dual-chamber delivery system ensures maximum efficacy of 2.5% benzoyl peroxide into pores, helping to combat active breakouts while also preventing the development of new blemishes.

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**SOOTHE Mineral Sunscreen SPF 30**

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. Skipping sunscreen is not a viable way to manage acne and will often make it appear worse. For acne prone skin, we recommend using a physical sunscreen like **SOOTHE** Mineral Sunscreen SPF 30, each morning after Step 3 for best results.
Getting Started

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

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- 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.

**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 redness 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 minimize the appearance of crow’s-feet, dark circles and puffiness, try **REDEFINE** Multi-Function Eye Cream.

To fight the look of lines and wrinkles while keeping acne, blemishes and breakouts at bay, we recommend **REDEFINE** Night Renewing Serum. To incorporate into your routine, use **REDEFINE** Night Renewing Serum following **UNBLEMISH** Clarifying Toner in the evenings.
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.

I am using UNBLEMISH and my breakouts are getting worse. What should I do? The blemish you see today has been forming under your skin for as long as two weeks. As you start a new acne regimen, the active ingredients may cause these blemishes to surface. This is a sign the products are working. Stick with it.

Can I use the UNBLEMISH Regimen if I’m pregnant or nursing? We recommend that a woman who is pregnant or nursing consult with her doctor about her current products and/or the use of cosmetic tools or before making any changes regarding her skincare routine. Providing the appropriate ingredient lists will help inform the doctor.

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.

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

Go hands free. A moving violation is not the only thing you will get if you are talking on your cell phone while driving. Constant pressure and perspiration from having your mobile phone to your face may contribute to the irritation that ultimately leads to breakouts. It is safer and better for your 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 everyday 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 products, 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 skin or product-related questions, contact our team of nurses and skin-care experts at the RF Connection at www.rodanandfields.com/ca or 1-888-995-5656.