

**SHEPROS®**

Safety, Health & Environment Product Solutions

## ACNE TREATMENT FACE MASK



**SHEPROS Sdn. Bhd.**

[An Alliance of SHEPROS International (USA) LLC.]

## Pimples

### What are pimples?

A pimple is a small pustule or papule. Pimples are also known as spots or zits. They are small skin lesions or inflammations of the skin. Pimples occur when the sebaceous glands (oil glands) are overactive and infected with bacteria, swell up, and then fill up with pus.

### What are sebaceous glands?

The sebaceous glands are tiny skin glands which secrete sebum - a waxy/oily substance - to lubricate the skin and hair of humans. They are located at the base of hair follicles in the face, back, chest and shoulders. They exist throughout all skin sites except the palms and soles; there is a greater abundance of sebaceous glands on the face and scalp. In our eyelids, meibomian sebaceous glands secrete a special type of sebum into tears.



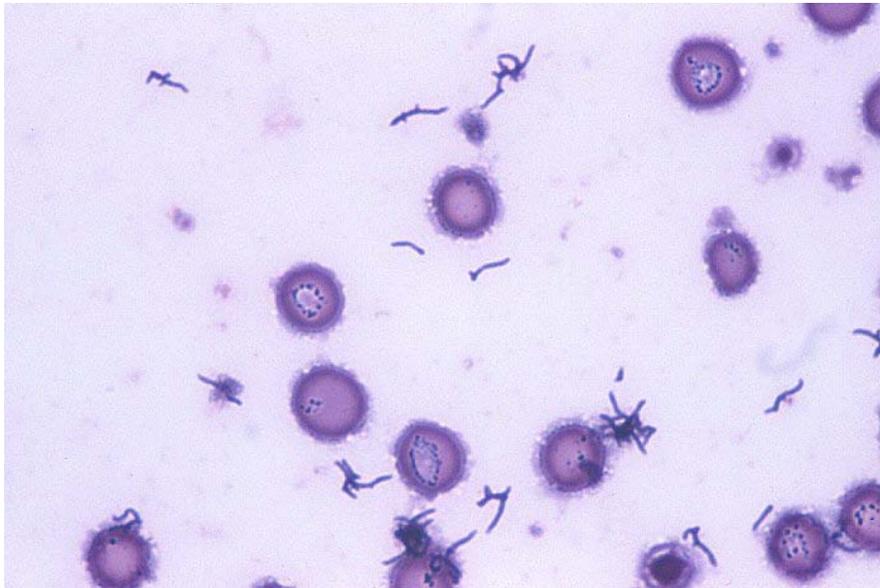
Several medical conditions are linked to an abnormality in sebaceous gland function, including:

- Acne (pimples).
- Sebaceous cysts - closed sacs or cysts below the surface of the skin.
- Hyperplasia - the sebaceous glands become enlarged, producing yellow, shiny bumps on the face.
- Sebaceous adenoma - a slow-growing tumor (benign, non-cancerous) usually presenting as a pink, flesh-colored, or yellow papule or nodule.
- Sebaceous gland carcinoma - an aggressive (cancerous) and uncommon skin tumor.

## What are the causes of pimples?

The sebaceous glands, which produce sebum, exist inside the pores of our skin. The outer layers of our skin are being shed continuously. Sometimes, dead skin cells are left behind and get stuck together by the sticky sebum, causing a blockage in the pore. Pore blockage is more likely to occur during puberty.

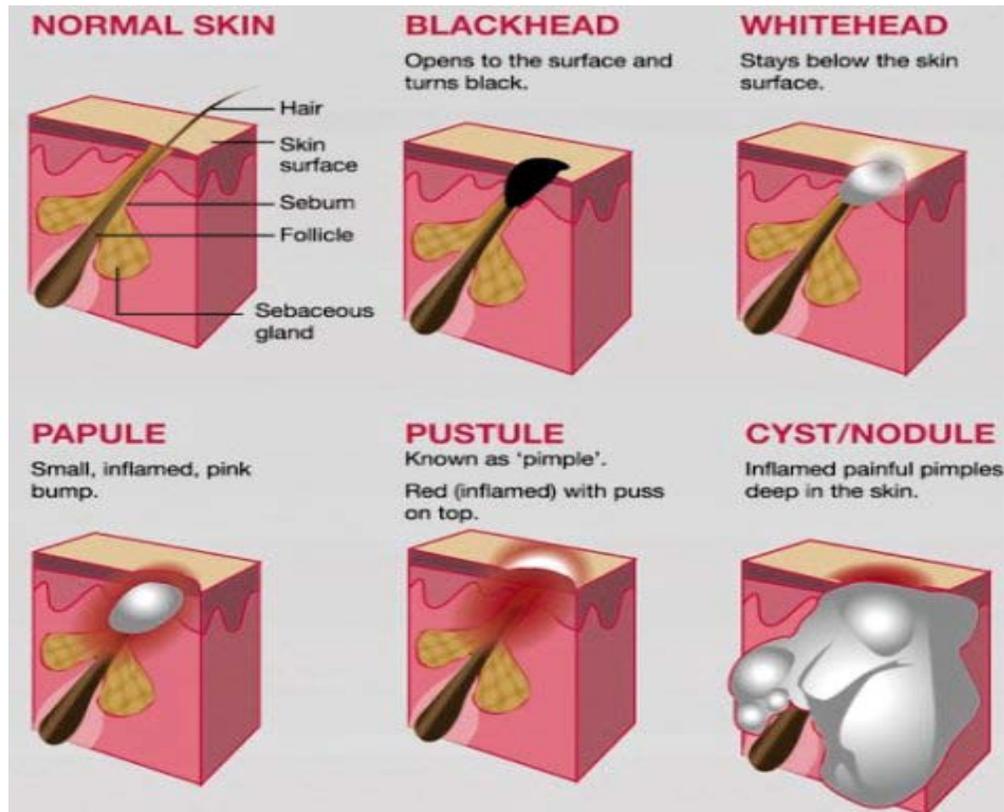
More sebum is produced by the sebaceous gland when the pore is blocked resulting in accumulation of sebum behind the pore. This blocked, accumulated sebum houses bacteria, including the slow-growing *Propionibacterium acnes* bacterium that is linked to acne. *Propionibacterium acnes* generally exists harmlessly on our skin. However, when the conditions are right, it can reproduce very rapidly and become a problem. The bacterium feeds off the sebum and produces a substance that causes an immune response, leading to inflammation of the skin and spots.



*Propionibacterium acnes*

The skin of people who are prone to acne are especially sensitive to normal blood levels of testosterone - a natural hormone found in both males and females. In such people the testosterone can make the sebaceous glands produce too much sebum, making the clogging up of dead skin cells more likely, which in turn increases the probability of blocked pores, etc.

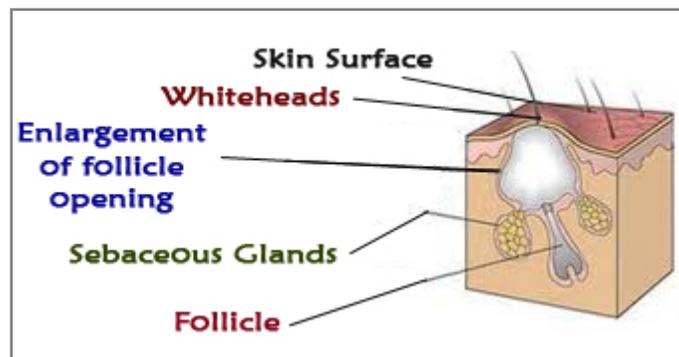
## The Formation of Pimples



*The Development Stages of Pimples*

### Signs and symptoms of pimples - Types of pimples

- **Whiteheads** - also known as a *closed comedo*. These are very small and remain under the skin, appearing as small, flesh-colored papules.

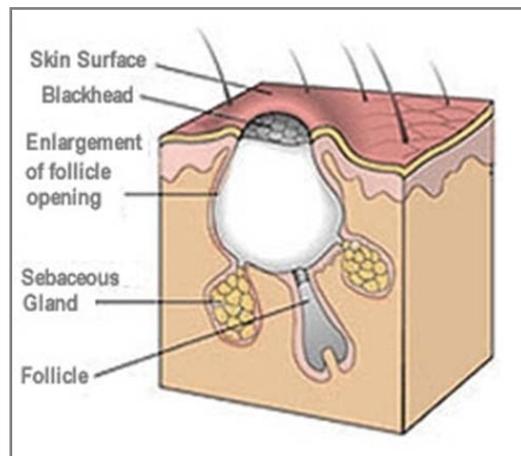


*Closed comedo (whitehead) formation*



*Whiteheads on forehead (left) and squeezed whiteheads from nose (right)*

- **Blackheads** - also known as an *open comedo*. These are clearly visible; they are black and appear on the surface of the skin. Some people mistakenly believe they are caused by dirt, because of their color, and scrub their faces vigorously - this does not help and may irritate the skin and cause other problems.

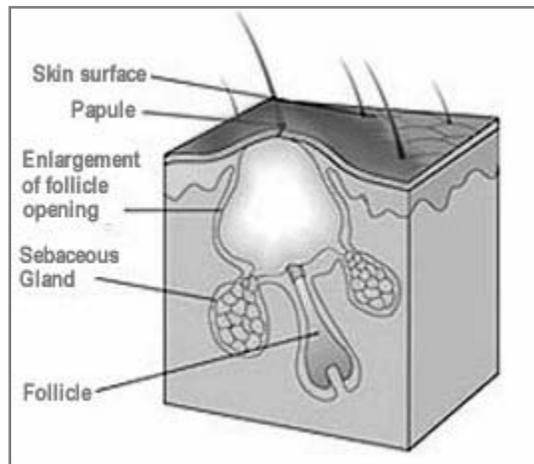


*Open comedo (blackhead) formation*



*Blackheads on face (left) and nose (right).*

- **Papules** - these are small, solid, rounded bumps that rise from the skin with no visible fluid. The bumps are often pink or red in color.

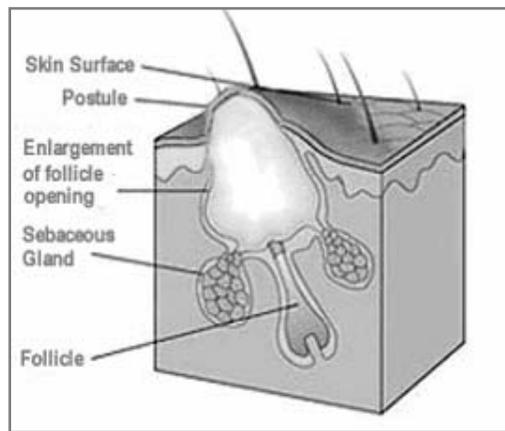


*Papule Acne Formation*

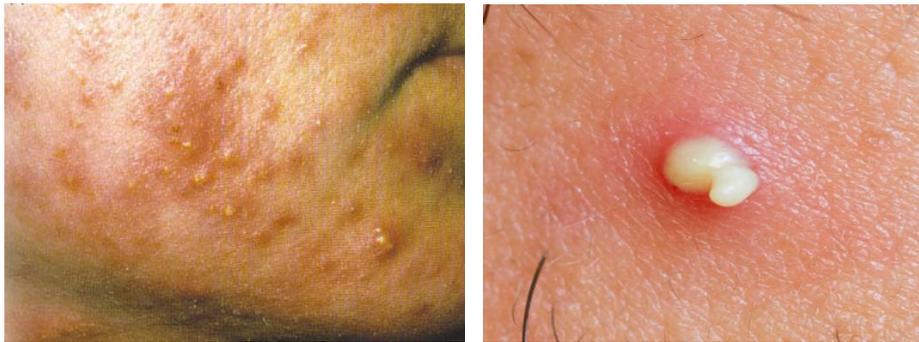


*Papules on face (left) and a papule on nose (right).*

- **Pustules** - these are pimples full of pus. They are clearly visible on the surface of the skin. The base is red and the pus is on the top.

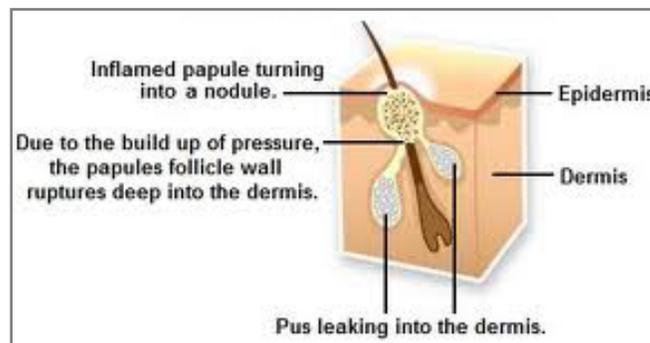


*Pustule Acne Formation*



*Pustules on face (left) and a closer look of a pustule (right)*

- **Nodules** - these are morphologically similar (similar structure) to papules, but larger. They can be painful and are embedded deep in the skin.

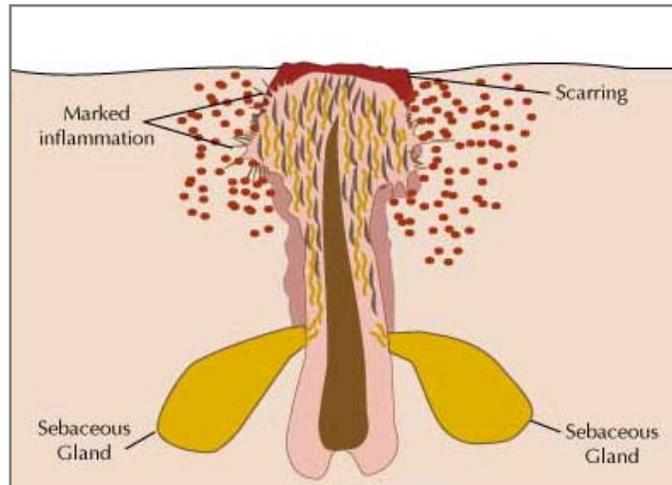


*Nodule Acne Formation*



*Nodules on forehead (left) and a nodule on nose (right).*

- **Cysts** - these are clearly visible on the surface of the skin. They are filled with pus and are usually painful. Cysts commonly cause scars.



*Formation of Acne Cyst*



*Acne cysts on face (left) and on chin (right)*

## How common are pimples (acne)?

Acne is the most common skin disease for adolescents. According to the *British Medical Journal (Clinical Evidence, Authors: Sarah Purdy, David DeBerker)*:

- More than 80% of teenagers get acne at some point.
- A community sample of 14 to 16 year-olds in the United Kingdom revealed that acne affected 50% of them.
- A sample study of adolescents in New Zealand found acne was present in 91% of boys and 79% of girls.
- A sample study of adolescents in Portugal found that the average prevalence of acne (in both sexes) was 82%.
- 30% of teenagers with acne required medical treatment because of its severity.
- General practitioners (GPs, primary care physicians) in the UK reported that 3.1% of 13 to 25 year-old patients visited them complaining of acne.
- The incidence of acne is similar in both adult males and females.
- Doctors report that acne appears to peak at 17 years of age.
- Acne incidence (presence, occurrence) in adults is increasing, doctors report. We don't know why.

## Air Pollution and the Skin Problems

The detrimental effects of air pollution are widespread and numerous. Effects on the skin alone include dryness, premature aging, skin rashes, eczema and acne. While most people know that outdoor air pollutants can be harmful to health, not everyone realizes that indoor pollutants can cause skin problems and other serious health risks as well. The US Environmental Protection Agency points out that studies indicate indoor air pollutants can be two to five times higher than the levels found outside.

The skin is an amazing organ. It serves many functions for our bodies, both internally and externally. One of its most important functions is protection. The skin protects us not just by covering and containing all of our internal organs, fluids, and systems, but also by forming a barrier to fight off pathogenic microorganisms (viruses, bacteria, fungi, etc.), and by filtering out toxins and environmental aggressors such as the sun and air pollution. Skin is the body's first line of defense against these stressors.

Intact and unbroken skin acts as a filter for environmental aggressors such as air pollution, trapping them in the epidermis (the outermost layer of the skin which acts as a barrier), which will eventually shed off. However, more and more people have compromised barrier layers because of over-exposure to stressors like the sun, polluted air and water, toxic chemical skin care ingredients, and harsh weather

conditions, in addition to intrinsic factors like stress, poor diet, dehydration, smoking, and excessive alcohol consumption.

When toxins and particulates from air pollution become trapped in the epidermis, they get lodged in the hair follicles (pores) and cause them to clog. This can interfere with the skin's natural ability to slough off dead skin cells and debris, often leading to the formation of different types of acne infections: whiteheads, blackheads, papules, pustules, nodules and acne cysts.

Long-term exposure to air pollution can also cause irritant, inflammatory, and allergic skin reactions like rashes, eczema, and blood vessel damage or "broken capillaries".

## Face Mask and Treatment of Acne

### Introduction of Face Mask

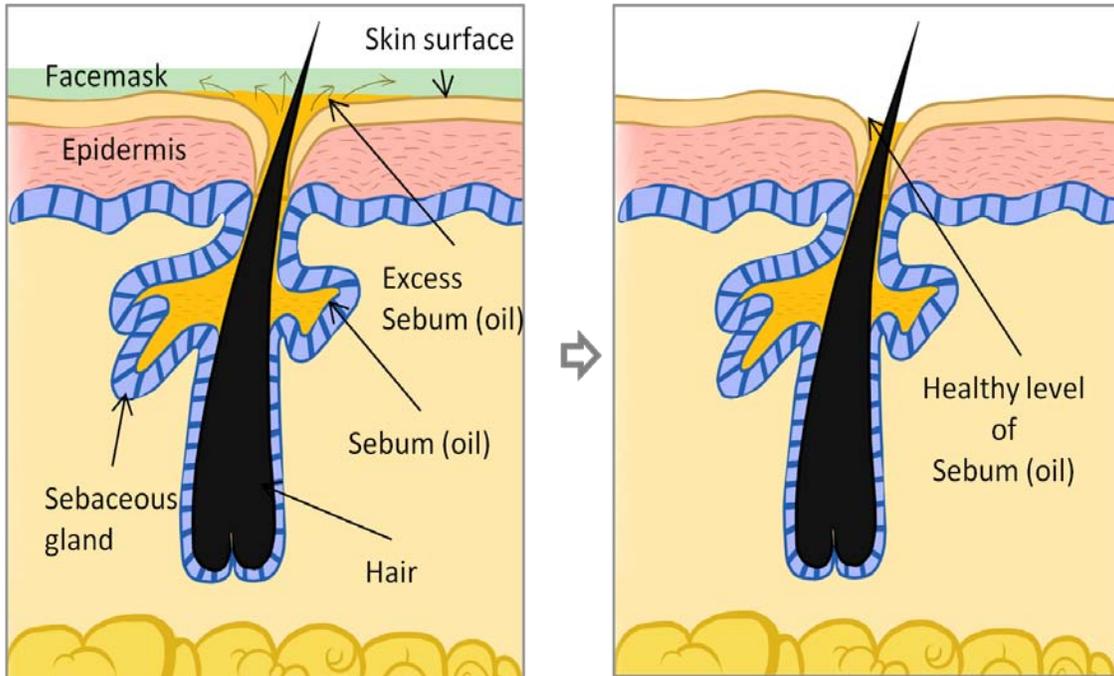
Consumers around the world spend billions of dollars each year on cleansers, toners and scrubs to improve their complexions. These chemical-based products often contain harsh alcohols and soaps. Face Mask is a better alternative facial treatment. Face Mask is made of a mixture of micro-porous natural minerals. It consists of nano-pores and produce negative electric charges which aid in binding and removing toxins. It is odorless and non-toxic. It removes pollution by deeply cleansing, purifying and detoxifying the skin, unclogging and refining the pores and eliminating free radicals. It clears and improves the skin complexion and maintains a healthy skin condition.

### Benefits of Face Mask

Face Mask benefits the skin in many ways. It:

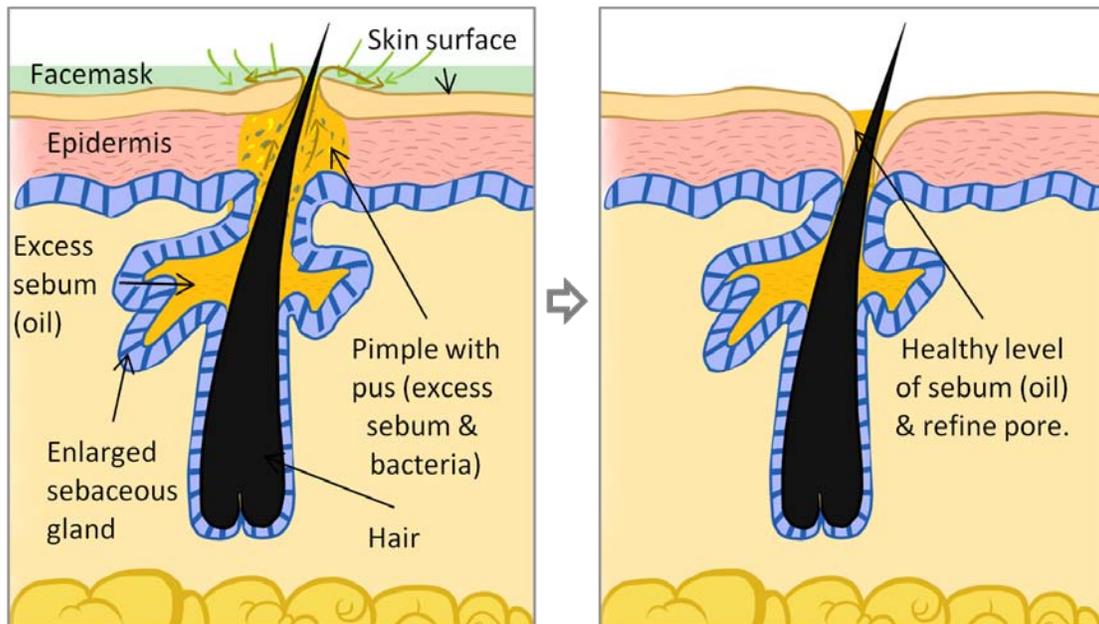
- deeply cleanses
- detoxifies toxic matter
- removes heavy metals and free radicals
- exfoliates
- calms redness and acidic skin conditions
- clears and prevents pimples
- smoothen whiteheads
- keeps skin healthy and functioning properly
- tightens and tones the skin
- helps unclog and refine pores
- improves complexion
- protects skin from airborne pollutants
- removes harmful chemicals found in make up
- clears blackheads by unclogging and refining pores
- reduces appearance of acne scars

### How Does Facemask treat Oily Skin?



*Facemask helps to clear clogged pores and control excess sebum (oil) secretion to a healthy level.*

### How Does Facemask treat Pimples?



*Facemask tightens the skin to open clogged pore (shown by green arrows) to absorb and sanitize the pus from pimple.*

## Directions

1. Wash face with Face Cleanser to get rid of any makeup, dirt, and oil. Open up pores by washing with warm water.
2. Apply the Face mask onto face with fingers. Be careful to avoid the eye and lip area. Make sure the face is fully covered with the mask. Leave it on for 15-20 minutes.

Wash it off using warm water; be sure all residues are thoroughly removed. Close pores by splashing face with cold water. Your face may show some redness when you remove the clay. This is very normal. The Face Mask increases the blood circulation to the skin, which aids in the healing process.

Use Facemask on dry to normal skin once a week, 2-3 times per week for oily skin.

### For oily and pimple prone skin

First, use Face Mask daily for two weeks, then scale back to twice a week.

Use Face Mask as an oil free cleanser to help clear pimples and remove excess oil from your pores. It can also be used as a detoxifying and exfoliating mask which also helps to refine enlarged pores. Please note that Face Mask has a slightly drying pH level and you may find that you will need to apply a light moisturizer after removing the mask.

### For sensitive skin:

If you have sensitive skin, apply a thinner layer and leave the mask on for a shorter time. Then increase the frequency and how long you leave it on depending on how your skin feels.

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