

CLEANSERS AND TONERS

There are many different methods by which to cleanse the skin. The end result, however, is always to remove dirt, oil, and dead cells at the surface of your skin.

There is no standard or "by the book" routine that will work for everyone. This category has multitudes of products, some of which can cause more harm than good. Products can include abrasives, clarifiers, cleansing creams, cleansing lotions, soaps, toners, or astringents.

Something as simple as a "well-known" soap that you may use in the shower or bath can be an irritant. Therefore, it is important to understand your skin, and what your needs are. Do you have flawless skin, normal skin, mature skin, combination skin, or oily skin? Are you having a flare-up of acne or are there major concerns with on-going acne? Is your face always dry with patches of flaky skin? Does cold weather or hot weather affect the appearance of your skin?

Once this has been determined, and it can change, you need to find products that will best handle these needs. In order to do so, you need to understand the significance or importance of the ingredients within each product, i.e., is it one of the first ingredients mentioned or one of the last? The most significant ingredient is listed first; the least significant is listed last.

CLEANSERS

The type of cleanser you need should be based on skin condition and skin type. Numerous variations exist within each product group. Most of them are mild with regard to feel. Yet, that does not guarantee mildness. You do not want to use a cleanser or a soap that will irritate the skin. Therefore, you need to discover the range of products within your skin type and find one that feels comfortable to you and works effectively.

Abrasives or Scrubs remove dead cells, excess oils and dirt. Most products, including Buf-Puf™, are abrasive and can easily damage or scar the skin. Products claiming to be exfoliators should also be smooth in texture. Any graininess can, again, be too irritating or abrasive.

Clarifiers strip the skin. Many contain acetone or similar ingredients. Even though some physicians like clarifiers because it can exfoliate the Stratum Corneum, we do not recommend products containing acetone, which is toxic.

Cleansing Lotions are traditionally used to remove the oily residue left after applying a cream. Some contain alcohol, which can leave your face drier than you need or want. Try to find a cleansing lotion with no drying (ethyl, denatured SD) alcohol or as little alcohol as possible. There are a few lotions that add moisture and keep the face from drying out.

Soaps have always been the most popular type of cleanser. They are certainly far from the best means to cleanse the skin. Soaps can be very misleading because of the tremendous variety of products, which include "detergent soap bars" and some very irritating ingredients.

Astringents and Toners do not really "tone" the skin. Astringents contain alcohol so you may find these too drying, even for oily skin. Most, including Witch Hazel, also contain coal tar derivatives, which can be irritating to some people.

Cleansers can be used to aid dry skin problems, control or prevent acne, or to maintain balance for flawless skin.

All cleansers contain surfactants. A surfactant is a chemical that reduces the surface tension of water. There are 4 types of surfactants and they are needed to remove dirt and oil. Soaps have surfactants. Most soaps, however, are not cosmetics. Therefore, they are not required to list their ingredients.

When you see a soap that lists its ingredients, it is probably marketing its product as a cosmetic since it might be promoting a benefit such as exfoliation or to moisturize. You will need to be aware of the ingredients and what they do.

In the end, simply treat your skin with respect and tender care. Use products that you feel comfortable with. Use products specifically designed for your type of skin and make sure to read directions on the products. Be sure to find products that work well for you and accomplish their intended purpose.

ASTRINGENTS & TONERS

Using an astringent or toner is an effective way to clean and de-fat the surface of your skin. They effectively remove grease, oil and dirt without leaving any residue. Terms that you may also recognize include fresheners and clarifying agents.

Many manufacturers have begun using the term "toning lotion" on their products. This, however, is a misnomer. The product may not be a lotion at all and it does not tone (muscular) the skin. It is simply another way of removing oil from your face, and it is traditionally used after applying a cleansing product.

For simplicity, we will stick with astringents and toners. Unless you look at the ingredients you will not be able to differentiate between the myriad of products. There are general guidelines to use when looking for the right products, based on personal needs.

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Astringents are traditionally used on oily skin. They are clear liquids containing different levels of alcohol but with small amounts of additional ingredients. The alcohol is noted as SD (specially denatured) and a number. The higher the 'SD' number, the greater the alcohol content. Specially denatured means non-drinkable. The most important concern is that alcohol is a drying agent. Too much alcohol can reverse the body's processes and begins to add to the production of oils. You want to find a balance.

Toners are milder than astringents. These liquids will help the skin feel cool and refreshed while possibly eliminating mild irritations.

You want to stay away from ingredients such as acetone. This is a solvent and will actually remove skin and is highly toxic. Some "experts" feel that acetone is good because it brings new cells to the surface. This is not necessarily true. There is no evidence that suggests that a solvent is good for your skin. Would you put nail polish remover (solvent) on your face?

It is also important to note that alcohol, especially with the addition of alum, will make the pores look smaller. This is only temporary.

Ingredients, especially coloring agents, are used in most astringents and toners. These are found in the ingredients section under D&C or FD&C with a color. These are all produced from certified coal tar colors and are used in all cosmetic products. The coloring agents that are known to be severe irritants or toxic are not used in our products. And, most people that like to use Witch Hazel as an astringent or toner should be aware that this, too, is made from coal tar, only clear.

Other ingredients can be even more drying. Care should be taken to be certain that you are not using something that could cause more irritation.

One last note . . . if you are using alpha hydroxy/glycolic acids or a prescription form of Vitamin A, i.e., Retin-A[®] or its enhanced version Renova[®], **do not use an astringent or toner that contains alcohol.** It will be too irritating.

Astringents and Toners may be used regularly for very oily skin to combination skin. For people with normal to dry skin, use a toner as needed.

Available Products:

- [Tikkun Purifying C Gel Cleanser](#)
- [Tikkun Gentle Cleansing Lotion](#)
- [Tikkun Acne Cleaning With Cleansing Step 1](#)
- [Acne Cleanser with Benzoyl Peroxide Step 1](#)
- [Tikkun Toner With Papaya Extract](#)
- [Tikkun Makeup Away](#)

PROTOCOL

- Always cleanse and pat skin dry prior to applying any topical products.
- Always dampen skin prior to application of a cleanser.
- Travel and weather changes dictate that you consider changing your cleansers to optimize the results.
- You may also use a variety of cleansers daily based on needs.

QUESTIONS AND ANSWERS

Q. There has been a great deal of concern about the addition of Lauryl Sulfates in products. Why do we use them?

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- A.** Lauryl Sulfates are surfactants. They are necessary. The tests that found these components to be toxic are very misleading. It is based on utilizing very large doses of these chemicals and leaving them on the skin for prolonged periods of time. We utilize low levels of these ingredients and cleansers are never left on the skin for any extended period of time.

NOTE: Retin-A[®] and Renova[®] are registered trademarks of Ortho Pharmaceutical. Buf-Puf[™] is a registered trademark of 3M[™].

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PURIFYING C GEL CLEANSER

INDICATIONS

- ◆ To cleanse all skin types with a non-irritating wash.
- ◆ To soothe the skin while adding nutrients.

KEY FEATURES

- ◆ Gentle, refreshing, and natural ingredients.
- ◆ Contains multi-fruit acids to offer exfoliation without irritation.
- ◆ Effective free radical fighting antioxidants including Ascorbic Acid, Kola Nut, Aloe Vera Gel and Algae extracts that soothe the skin.
- ◆ Light foaming activity but powerful cleansing action.

DIRECTIONS

- ◆ Wet face with tepid water.
- ◆ Apply liberally to face.
- ◆ Massage gently.
- ◆ Rinse and pat dry.
- ◆ Use 2 - 3 times daily.

CAUTION

- Keep out of eyes.
- ◆ Keep away from small children.
- ◆ If irritation develops, discontinue use.
- ◆ For topical use only.
- ◆ Not to be ingested.

INGREDIENTS: Water, Aloe Vera, Ammonium Lauryl Sulfate, Cocamide DEA, Hydroxypropyl Methylcellulose, Amidroxy Grapefruit Extract, Amidroxy Sugar Cane Extract, Algae Extract, Japanese Green Tea Extract, Propylene Glycol, Kola Nut Extract, Triethanolamine, Diazolidinyl Urea, Fragrance, Methylparaben, Ascorbic Acid (Vitamin C), Hydrolyzed Glycosaminoglycans, Propylparaben, Phenoxyethanol.

SKIN TYPE / TREATMENT USE RATE

SKIN TYPE	Sensitive	Dry / Mature	Normal	Combination	Oily	Acne
Usage	Yes	Yes	Yes	Yes	Yes	Yes
Face	Apply one pea size drop for the face. Twice daily = 4 months for the 3-ounce bottle.					

ITEM / PACKAGE DETAILS

SIZES	ITEM	BOTTLE:	pH	SHELF LIFE
8.00 oz. / 237.0 ml.	72440BE	Evolution Bottle with Flip Cap	6.1	36 months

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GENTLE CLEANSING LOTION

INDICATIONS

Soap-less cleanser for sensitive, dry and normal skin.

KEY FEATURES

- ◆ Extremely mild cleansing lotion.
- ◆ May be used on most skin types, including mature skin. May be too moisturizing for acne-prone skin.
- ◆ Excellent for pre- and post-peel and facial cleansing.
- ◆ Can be used with or without water.
- ◆ Can remove most makeup, even around the eyes.
- ◆ Perfect cleanser to begin AHA / Glycolic program, Similar to Cetaphil® and Purpose®.
- ◆ Use to deactivate Glycolic Acid peels (pH 7.0).
- ◆ Use for pre- and post-op care for laser treatment.
- ◆ Contains no harsh ingredients.

DIRECTIONS

- ◆ Regular daily use:
- ◆ Apply a liberal amount to skin surface.
- ◆ Massage gently to liquefy and remove dirt and other impurities.
- ◆ Rinse thoroughly with tepid water and pat dry.
- ◆ Without water: remove gently with tissue.
- ◆ Post-op Peels: See Peel Protocol under Professional treatments.

CAUTION

- ◆ For external use only.
- ◆ Avoid contact with eyes.
- ◆ Keep out of reach of small children.
- ◆ If irritation develops, discontinue use.

INGREDIENTS: Purified Water, Propylene Glycol, Cetyl/Stearyl Alcohol, Sodium Lauryl Sulfate, Diazolidinyl Urea, Triethanolamine, Carbomer, Propylparaben, Citric Acid.

SKIN TYPE / TREATMENT USE RATE

Skin Types	Sensitive	Dry / Mature	Normal	Combination	Oily	Acne
Usage	Yes	Yes	Yes	Yes	Discretion	Discretion
Face	One pea size drop per application for the face. Twice daily = 60 days for the 8-ounce bottle.					

ITEM / PACKAGE DETAILS

SIZES	ITEM	BOTTLE:	pH	SHELF LIFE
8.00 oz. / 237.0 ml.	7150BE	Evolution Bottle with Flip Cap Pump	7.0	24 months

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32.00 oz. / 948.0 ml.	7105BE			
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NOTE: Cetaphil® is a registered trademark of Galderma Laboratories. Purpose® is a registered trademark of Johnson & Johnson.

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ACNE CLEANSING STEP 1 OVER THE COUNTER (OTC) DRUG

Meets the FDA Monograph for Topical Antimicrobial Drug Products for OTC Human Use.

Meets the FDA Monograph for Class I First Aid Treatment as an Antiseptic Wash.

INDICATIONS

- ◆ To promote cleanliness by allowing regular and continuous cleansing without drying the skin.
- ◆ To kill germs (E.coli, Pseudomonas, and Staph), which cause infection.
- ◆ To kill germs (Propionibacterium), which are prevalent in acne conditions.

KEY FEATURES

- ◆ Manufactured in accordance with manufacturing practices for DRUGS.
- ◆ Kills 99.99% of harmful germs, including E.coli, Pseudomonas, and Staph, on contact.
- ◆ Kills 99% of P-bacteria (propionibacterium found in acne) on contact.
- ◆ Eliminates bacterial contamination.
- ◆ Eliminates fungal contamination.
- ◆ Broad-spectrum Antimicrobial action, encompassing Gram-Negative, Gram-Positive, Fungi, Yeast and Acid Fast Bacteria.
- ◆ Benzethonium Chloride disrupts bacterial growth and forces it to destroy itself.
- ◆ A water-soluble formulation improves the permeability of agents into the skin. This action causes improved efficacy to kill bacteria within the skin and to remove debris.
- ◆ Offers immediate sanitation. No waiting for active ingredients to become effective.
- ◆ This cleanser is non-drying.
- ◆ This is an alcohol-free product. This offers critical benefits since alcohol-based antiseptic cleansers indicate added risk of potentially flammable solution in a wound site.
- ◆ Leaves no residue or sticky after-effect.
- ◆ Skin conditioning and healing agents to moisturize and leave your hands feeling smooth and soft.
- ◆ Designed for continuous use.
- ◆ Recommended for post-operative care.

DIRECTIONS

- ◆ Wet hands.
- ◆ Place a small amount of Acne Cleansing Step 1 into your hands and work into lather.
- ◆ Apply lather on areas to be treated with a gentle, circular motion.
- ◆ Rinse clean.
- ◆ Use as often as necessary.

CAUTION

- ◆ External use only.
- ◆ Do not use in eyes.
- ◆ In case of deep wounds or puncture wounds, consult a physician.
- ◆ If irritation develops and persists for more than a few days, discontinue use and consult a physician.
- ◆ Do not leave on skin for more than one minute without rinsing.

INGREDIENTS: Active: Benzethonium Chloride (0.20%). Other Ingredients: Purified Water, Ammonium Lauryl Sulfate, Disodium Laureth Sulfosuccinate, Ammonium Chloride, Sodium Chloride, Lauric Diethanolamide, Propylene Glycol, Diazolidinyl Urea, Methylparaben, Propylparaben, Citric Acid.

SKIN TYPE

This can be used on all skin types.

This may be used on open wounds.

SKIN TYPE / TREATMENT USE RATE

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SKIN TYPE	Sensitive	Dry / Mature	Normal	Combination	Oily	Acne
Usage	Yes	Yes	Yes	Yes	Yes	Yes
Face	One pea size drop per application for the face. Twice daily = 60 days for the 8-ounce bottle.					

ITEM / PACKAGE DETAILS

SIZES	ITEM	BOTTLE:	pH	SHELF LIFE
8.00 oz. / 237.0 ml.	1048BE	Evolution Bottle With Flip Cap	5.4	36 months
32.00 oz. / 237.0 ml.	1048BE	Pump	5.4	36 months

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ACNE CLEANSER WITH BENZOYL PEROXIDE STEP 1 OVER THE COUNTER (OTC) DRUG

- ◆ Meets FDA Monograph to control and fight bacteria found in acne.

INDICATIONS

- ◆ Topical treatment for sensitive to normal skin that has oily to acne-prone conditions.
- ◆ To dry skin and cause exfoliation with a potent anticomedonal agent.

KEY FEATURES

- ◆ 2.5% Benzoyl Peroxide in a lotion.
- ◆ Water base to pleasantly cleanse.
- ◆ Leaves no greasy feeling.
- ◆ Removes excess oils that build up in acne-prone skin.
- ◆ Helps to dry the skin at the surface.
- ◆ Regular use will help to control acne.
- ◆ Use when you shower and at bedtime, if necessary.
- ◆ Kills bacteria on contact.

DIRECTIONS

- ◆ Shake well.
- ◆ On the first day, test a small area to check for irritation.
- ◆ Wet areas to be treated with warm water before using.
- ◆ Use an amount sufficient to work up lather.
- ◆ Cleanse lightly in a circular motion.
- ◆ Wash affected areas once a day and gradually increase to twice daily.
- ◆ Do not leave on for more than 1 minute.
- ◆ Rinse well.

CAUTION

- ◆ For external use only.
- ◆ Avoid contact with eyes, mucous membranes, lips and delicate neck area.
- ◆ Keep out of reach of small children.
- ◆ If irritation develops, discontinue use.
- ◆ Will bleach dyed fabrics. Rinse well.
- ◆ May bleach hair.
- ◆ **Do not** use if pregnant or breast feeding unless directed by a physician.
- ◆ Do not use along with other drying agents or scrubs simultaneously. Do not use with superfatted or medicated soaps that may cause additional drying.
- ◆ Keep away from heat.

INGREDIENTS: Active: Benzoyl Peroxide 2.5%; Deionized Water, Ammonium Lauryl Sulfate, Cocoamphocarboxylicinate, Carbomer 940, Propylene Glycol, Sodium Hydroxide, Polysorbate 20, Methylparaben, Fragrance.

SKIN TYPE / TREATMENT USE RATE

SKIN TYPE	Sensitive	Dry / Mature	Normal	Combination	Oily	Acne
Usage	No	No	No	Yes	Yes	Yes
Face	One pea size drop per application for the face. Twice daily = 60 days for the 8-ounce bottle.					

ITEM / PACKAGE DETAILS

SIZES	ITEM	BOTTLE:	pH	SHELF LIFE
8.00 oz. / 237.0 ml.	7168BE	Evolution Bottle with Flip Cap	3.2 – 3.8	24 months

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TONER WITH PAPAYA EXTRACT

INDICATIONS

- ◆ To help cleanse, de-fat, and freshen the skin without drying it.

KEY FEATURES

- ◆ Alcohol-free toner.
- ◆ Refreshing Papaya Extract.
- ◆ Wonderfully light and clean.
- ◆ Excellent after exercise or for a quick spritz refresher any time of the day.
- ◆ Will not dry the skin.
- ◆ Excellent after Gentle Cleansing Lotion to completely dry the skin without stripping oils.

DIRECTIONS

- ◆ Gently apply a generous amount with a cotton pad to freshen the skin.
- ◆ Allow to dry.
- ◆ Use as often as you wish.

CAUTION

- ◆ External use only.
- ◆ Do not rub skin.
- ◆ Avoid contact with eyes and mucous membranes.
- ◆ Keep out of reach of small children.
- ◆ If irritation develops, discontinue use.

INGREDIENTS: Purified Water, Propylene Glycol, Ethoxydiglycol, Polysorbate 20, Sodium Lactate, Sodium PCA, Glycine, Fructose, Urea, Niacinamide, Inositol, Sodium Benzoate, Lactic Acid, Diazolidinyl Urea, Methylparaben, Propylparaben, Papaya Extract, Citric Acid, EDTA, FD&C Orange #4.

SKIN TYPE / TREATMENT USE RATE

SKIN TYPE	Sensitive	Dry / Mature	Normal	Combination	Oily	Acne
Usage	Yes	Yes	Yes	Yes	Yes	Yes
Face	One pea size drop two times over the face. Twice daily = 120 days for the 8-ounce bottle.					

ITEM / PACKAGE DETAILS

SIZES	ITEM	BOTTLE:	pH	SHELF LIFE
4.00 oz. / 118.5 ml.	3004BE	Evolution HDPE, white, spray pump	4.5	36 months

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MAKEUP AWAY

INDICATIONS

To remove all traces of makeup without irritation.

KEY FEATURES

- ◆ Safe to use around the eyes.
- ◆ Non-drying.
- ◆ Non-oily clear formulation.
- ◆ Refreshes the skin.
- ◆ Non-toxic.

DIRECTIONS

- ◆ Apply to cotton pad, makeup remover pads or tissue.
- ◆ Gently wipe off makeup.
- ◆ Repeat until all makeup is removed.
- ◆ Rinse with tepid water and pat dry.

CAUTION

- ◆ For external use only.
- ◆ Avoid direct contact with eyes.
- ◆ Keep out of reach of small children.
- ◆ If irritation develops, discontinue use.

INGREDIENTS: Water, Glycerin, Cocoamphocarboxyglycinate, Polysorbate 20, Methylparaben, Propylparaben, Imidazolidinyl Urea, EDTA.

SKIN TYPE / TREATMENT USE RATE

SKIN TYPE	Sensitive	Dry / Mature	Normal	Combination	Oily	Acne
Usage	Yes	Yes	Yes	Yes	Yes	Yes
Face	Pump spray two times on pads or tissues. Twice daily = 60 days for the 4-ounce bottle.					

ITEM / PACKAGE DETAILS

SIZES	ITEM	Bottle	pH	SHELF LIFE
32.00 oz. / 948.0 ml.	7401BE	Evolution HDPE, white, flip disc cap	7.4 – 8.1	24 months