

# THE SANARA ACNE CONTROL MATRIX

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Understand Your Skin. Stop the Cycle. Clear Your Face — For Good.

By Temi Adeyemi · Skin Clarity Africa

Based on traditional Yoruba skin wisdom, tested across 6 African countries.

WELCOME

# A Letter From Temi

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Hello. I am so glad you are here.

My name is Temi. I am not a doctor. I am not a nurse. I am a woman from Lagos who spent four years fighting her own face — and losing.

I tried everything. The dermatologist on the Island. The esthetician in Lekki. Korean skincare. Black soap from my mother. Turmeric paste. No sugar. No dairy. I followed every rule I could find.

Nothing lasted.

Then, at my grandmother's burial in Ekiti, one woman changed everything. Mama Iyabo. She looked at my face and said five words: 'Your skin is not broken.'

She showed me that the problem was never my skin. The problem was that nobody ever helped me understand it.

That is what this guide is. It is everything she taught me — written down in simple words, so you can follow it at home, starting tonight.

You do not need to buy anything expensive. Everything in this guide is available at your local market. Total cost of all materials: under **₦2,000**.

I want you to read every section, in order. Do not skip. Do not rush. Your skin did not get to this point in one day. Give the method the time it needs.

Now — let us begin.

With love,

Temi Adeyemi

## BEFORE YOU START

# How To Use This Guide

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This guide has 7 sections. Each one builds on the one before it. Follow them in order.

**Section 1** Learn the 5 breakout types. Find out which one you have.

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**Section 2** Map your personal triggers. Find out what is creating your breakouts.

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**Section 3** Learn the Calm-Down Protocol. Know what to do — and stop — the moment a breakout appears.

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**Section 4** Follow the African Climate Skin Calendar. Adjust your care for harmattan, rainy season, and dry months.

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**Section 5** Check the Foods and Hidden Habits List. Remove what is secretly working against you.

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**Section 6** Start the Monthly Maintenance Protocol. Keep your skin clear long-term.

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**Section 7** If you have had acne for more than 2 years, read the Extended Protocol. It was written for you.

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***One promise before you start: Do not pick and choose. Do not read Section 1 and skip to Section 5. Do not do two days and stop because nothing has changed yet. Skin that has been unbalanced for years needs time in return. Women who follow every step see results. Women who skip steps, wonder why nothing worked.***

# The Complete Breakout Pattern Guide

Find out exactly which type of acne you have — and why it matters.

## Why You Need To Know Your Type

Not all pimples are the same. This is the most important thing in this whole guide.

Think about it like this. Imagine your stomach is paining you. You go to the pharmacy. The man gives you a drug. You take it. The pain comes back in two weeks. You go again. Same drug. Same result.

But what if your stomach pain was caused by ulcer — and the drug he gave you was for malaria?

That is exactly what is happening with your skin. You have been using products for one type of acne — but your skin has a completely different type. So the products never work. Not because they are bad. Because they are for someone else's problem.

In this section, you will learn the 5 breakout types. By the end of page 18, you will know exactly which type you have. That one piece of knowledge will change everything.



## The 5 Breakout Types

1

### Hormonal Acne

**Where:** Chin and jawline. Sometimes lower cheeks.

**Cause:** Your hormones. This happens when hormone levels change — before your period, during stress, or after having a baby.

**Looks like:** Deep, painful bumps. Sometimes no head. Often comes in the same spot every month.

2

### Product-Triggered Acne

**Where:** Cheeks, forehead, wherever you apply products.

**Cause:** Something in your skincare, makeup, or hair products is blocking your pores or irritating your skin.

**Looks like:** Small bumps, often in clusters. Redness. Skin feels like fine sandpaper. Gets worse when you try new products.

3

### Sweat-Triggered Acne

**Where:** Forehead, hairline, back, chest. Anywhere sweat collects.

**Cause:** Sweat stays on your skin too long and blocks your pores. Common in hot weather, after exercise, or under heavy makeup.

**Looks like:** Small red bumps. Often itchy. Worse in hot months. Better when your skin gets air.

4

### Environmental Acne

**Where:** Anywhere. Often the whole face.

**Cause:** Dust, pollution, harmattan air, or dirty surfaces touching your face — pillowcase, phone screen, hands.

**Looks like:** Scattered bumps, not in one spot. Often gets better on weekends or when you travel to a cooler, cleaner place.

5

### Post-Acne Dark Spots

**Where:** Wherever your old breakouts were.

**Cause:** Your skin makes extra colour (melanin) when it heals from a breakout. This is very common in darker skin tones.

**Looks like:** Flat, dark marks. No bumps. No pain. But they can last for months if not treated the right way.



## How To Find Your Type

Answer these 5 questions. Be honest. The right answer is the one that sounds most like your life.

### Question 1 Where do your breakouts appear most often?

- Chin or jaw → Likely Hormonal (Type 1)
- Cheeks or forehead where you apply products → Likely Product-Triggered (Type 2)

- Hairline, forehead, back → Likely Sweat-Triggered (Type 3)
- Scattered all over the face → Likely Environmental (Type 4)
- Flat dark marks with no bumps → Post-Acne Dark Spots (Type 5)

**Question 2 When do they appear?**

- Same time every month, before your period → Hormonal (Type 1)
- After you try a new product → Product-Triggered (Type 2)
- After exercise, in hot weather, under makeup → Sweat-Triggered (Type 3)
- During dusty/harmattan season → Environmental (Type 4)

**Question 3 What do they feel like?**

- Deep and painful, like a lump under the skin → Hormonal (Type 1)
- Surface bumps, irritated, sometimes itchy → Product-Triggered (Type 2)
- Small, itchy bumps in clusters → Sweat-Triggered (Type 3)
- Mixed — some deep, some surface, no clear pattern → Environmental (Type 4)

**Question 4 What makes them worse?**

- Stress, your period, skipping sleep → Hormonal (Type 1)
- Adding new products, wearing heavy makeup all day → Product-Triggered (Type 2)
- Hot weather, sweating, not washing your face after exercise → Sweat-Triggered (Type 3)
- Harmattan, dusty environments, travelling on Lagos Third Mainland Bridge in traffic → Environmental (Type 4)

**Question 5 Does your skin clear up when you do nothing?**

- It clears for a week or two then comes back at the same time → Hormonal (Type 1)
- It clears when you stop using a product → Product-Triggered (Type 2)
- It clears on cool days or when you stay inside → Sweat-Triggered (Type 3)
- It clears when you change your environment → Environmental (Type 4)

***IMPORTANT: You can have more than one type at the same time. For example, you might have Hormonal acne on your chin AND Product-Triggered acne on your cheeks. This is very common. If you have more than one type, read ALL the sections that apply to you. Do not treat both types the same way.***

## **What To Do With This Information**

Write down your type. Seriously — take a pen and write it at the top of the next page.

Every section after this one will refer back to your type. When you know your type, you stop guessing. You stop buying products because someone online swore by them. You start making decisions that are right for your specific skin.

That is the first shift. And it is a big one.

***MY BREAKOUT TYPE IS: \_\_\_\_\_***  
***(Write it here. Keep this guide open while you read.)***

# The Trigger Mapping System

Find what is CREATING your breakouts — not just what they look like.

## What Is a Trigger?

A trigger is anything in your daily life that causes a breakout to appear. It could be something you eat, something you put on your face, something you do, or even where you sleep.

Here is the key thing to understand:

*Your breakouts are not coming back by accident. They are being RECREATED — by something that is still in your life right now. Until you find that thing and remove it, the breakouts will keep coming. Every time. No matter what product you use.*

Think about this example. There is a buka near your office. Every Thursday you eat there. Every Saturday your face breaks out. You blame your period. You blame stress. You spend ₦8,000 on a new cleanser.

But what if it was the frying oil in that Thursday jollof? What if removing that one meal would stop those Saturday breakouts completely?

That is what Trigger Mapping does. It connects the dots between your life and your skin.



## The 5 Trigger Categories

Triggers come in 5 groups. Work through each one and think about your own life honestly.

### 1. Food Triggers

Some foods cause inflammation inside your body. That inflammation shows up on your face.

Common food triggers for Nigerian women include:

- Fried food — suya, akara, fried plantain cooked in old oil
- Dairy — peak milk, cheese, butter, evaporated milk in tea
- Sugar — malt, soft drinks, sweet biscuits, chin chin, sweetened pap
- Refined carbohydrates — white bread, instant noodles, white rice eaten alone

Test: Remove one food group for 3 full weeks. Watch what happens to your skin.

## 2. Product Triggers

Many skincare and makeup products contain ingredients that block pores or irritate skin.

Products that commonly trigger acne include:

- Thick, oily moisturisers — especially ones that feel heavy on your skin
- Products with fragrance high in the ingredient list
- Foundations and BB creams not labelled 'non-comedogenic'
- Products with coconut oil, shea butter, or lanolin if your skin is acne-prone

Test: Stop using all non-essential products for 2 weeks. Add them back one by one, 5 days apart.

## 3. Habit Triggers

Small daily habits can trigger breakouts without you ever noticing the connection.

- Sleeping on the same pillowcase for more than 2 days
- Pressing your phone against your face during calls
- Touching your face with your hands throughout the day
- Resting your chin on your hand when you are thinking or working
- Wearing hats, scarves, or collars that rub your skin

Test: Change your pillowcase every 2 days. Use earphones for calls. Count how many times you touch your face in one day.

## 4. Hormonal Triggers

If you have Type 1 (Hormonal) acne, your cycle is your biggest trigger.

- Week before your period: oestrogen drops, oil production increases
- During your period: inflammation is highest — do not pick or squeeze
- Ovulation week: skin is usually clearest — this is your skin's best week
- High-stress periods cause cortisol to rise, which raises oil production

Test: Track your cycle for 2 months. Mark the days breakouts appear. The pattern will become clear.

## 5. Environmental Triggers

Your environment — the air, the dust, the heat — affects your skin every single day.

- Harmattan dust clogs pores and dries the skin barrier at the same time
- Lagos traffic pollution — sitting in go-slow with your window down deposits fine particles on your face
- Indoor dust from fans and air conditioning units that have not been cleaned
- Chlorinated pool water or heavily chemical-treated tap water used on the face

Test: Rinse your face with clean bottled water after spending time outside during harmattan.



## How To Map Your Triggers: The Method

You are going to keep a simple skin diary for 2 weeks. You do not need a special notebook. Any paper will do. Your phone notes app will also work.

**Every morning:** Look at your face. Write down: how many new breakouts? Where are they? How bad?

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**Every evening:** Write down what you ate, what products you used, how stressed you were (1-10), and where you spent most of the day.

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**After 2 weeks:** Look back at the days when new breakouts appeared. What did you eat 2-3 days before? What did you use on your face? Were you stressed? It will start to connect.

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**The pattern:** Most women find 1 or 2 clear triggers within the first 2 weeks. These are the things creating your breakouts. Remove them first.

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## THE #1 MISTAKE THAT KEEPS ACNE RETURNING

### Page 27: The One Error That Ruins Everything

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If you read nothing else in this guide, read this page.

The number one mistake Nigerian women make — and women all over Africa make — is this: they treat the breakout while keeping the trigger.

Here is what that looks like in real life.

You get a breakout on your jaw. You buy a spot treatment. You use it every night. The breakout goes down in 5 days. You are relieved. But you are still eating the same food, using the same products, pressing the same phone against your face. Two weeks later: same jaw, same breakout.

You did not have a breakout problem. You had a trigger problem. The spot treatment silenced the signal. But the signal was trying to tell you something. Because you silenced it without listening to it, it came back louder.

***Think of your skin like a pot of soup. If the pepper is too much, the soup will be too hot. You can drink cold water after every spoon — but the soup is still too peppery. The only real fix is to reduce the pepper. Your trigger is the pepper. Your spot treatment is the cold water. Until you reduce the pepper, the soup will always be too hot.***

The fix is simple. Before you treat anything, find the trigger. Remove the trigger. Then support your skin while it heals.

Treat. Then remove. In that order. Not remove one day, treat another day, forget both the next day.

This is the order: Find trigger → Remove trigger → Support skin → Wait.

## What Most Women Do vs. What Actually Works

WHAT MOST WOMEN DO	WHAT ACTUALLY WORKS
Treat the breakout with a product	Find the trigger first
Buy a new product when the old one stops working	Remove the trigger that is recreating breakouts
Do everything at once — new cleanser, new toner, new diet	Change one thing at a time so you know what is working
Give up after 3 days of no results	Give the skin 2 weeks to respond to any change
Keep the habit that caused the breakout	Remove the habit as soon as you identify it

## The Calm-Down Protocol

What to do — and stop — the moment a breakout appears.

### Why Most Women Make Their Skin Worse

When a breakout appears, the first thing most women want to do is attack it. Scrub harder. Apply more product. Try something stronger.

This is the worst thing you can do.

Your skin has a barrier — a thin protective layer on the outside. Think of it like the netting on your kitchen window. It keeps bad things out and good things in.

When your skin is breaking out, that barrier is already damaged and weak. When you scrub, over-treat, or pile on strong products, you damage it even more. Now the barrier cannot protect you. More bacteria gets in. More breakouts follow. More redness. Darker spots when it finally heals.

The Calm-Down Protocol is about doing the opposite of what your panic tells you to do. It is about being calm, simple, and steady — so your skin can do its own job.



### The STOP List — Do These Things Immediately

When a breakout appears, STOP these things first. Before you do anything else.

- X STOP squeezing or picking.**  
I know. It is very tempting. But squeezing pushes bacteria deeper into the skin. It makes the breakout last longer. It increases the chance of a dark mark staying for months.

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- X STOP adding new products.**  
When your skin is breaking out, it is already irritated. Adding a new product — even a good one — can make it react worse. This is not the time to experiment.

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**X STOP over-washing.**

Washing your face more than twice a day strips the skin of its natural oil. When natural oil is gone, the skin produces MORE oil to compensate. More oil means more breakouts.

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**X STOP heavy makeup.**

Foundation, full-coverage concealer, and setting powders all sit on top of a breakout and block the pore from breathing. Use light coverage or nothing on the affected area.

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**X STOP harsh scrubs and exfoliants.**

Apricot scrubs, rough sponges, St. Ives — all of them damage a skin that is already inflamed. You can exfoliate again once the breakout is flat. Not during.

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## The DO List — The 4-Step Calm-Down Method

Once you have stopped the harmful things, do these four steps. In order.

### Step 1: Rinse Gently

Wash your face with clean, cool water. Use a gentle cleanser — one that does not foam heavily and has no strong smell. Rinse with cool water (not hot). Pat dry gently with a clean cloth. Do not rub.

### Step 2: Apply One Calming Ingredient Only

Choose ONE of these, whichever you have:

- Pure aloe vera gel — fresh from the plant is best. Scrape it out, apply thin layer, leave on.
- Raw, unheated honey — apply a very thin layer to the breakout only. Rinse after 20 minutes.
- Green tea (cooled) — dab gently on the breakout with a clean cotton pad.

ONE ingredient only. Not all three at once. Not mixed together.

### Step 3: Leave It Alone

This is the hardest step for most women. Apply your one calming ingredient. Then walk away from the mirror.

Do not check it every hour. Do not add anything else. Your skin heals faster when it is not being interfered with.

## Step 4: Protect The Skin Barrier

At night, apply a very small amount of pure shea butter (white, unscented) or pure Vaseline to the breakout area only. This locks in moisture and protects the skin barrier while you sleep. In the morning, rinse gently and repeat.



## Type-By-Type Response Guide

The 4 steps above work for everyone. But each breakout type has one extra step that helps it heal faster.

<b>Type 1: Hormonal</b>	Ice wrapped in a clean cloth, held against the breakout for 2-3 minutes, reduces the painful deep swelling. Do this twice a day. Do not use fingers.
<b>Type 2: Product-Triggered</b>	Stop using every non-essential product immediately. Strip your routine to cleanser + one calming ingredient only. Reintroduce products one at a time after the skin calms.
<b>Type 3: Sweat-Triggered</b>	Rinse your face with clean water any time you sweat — after exercise, after being outside, after sweating under a wig or hat. Do not let sweat sit on your face.
<b>Type 4: Environmental</b>	Rinse your face when you come inside from dusty or polluted air. Clean your phone screen with a wipe every morning. Change your pillowcase every 2 nights.
<b>Type 5: Post-Acne Dark Spots</b>	Do not squeeze the healing breakout — this makes dark spots worse. Once the breakout is flat, apply a thin layer of fresh lemon juice diluted with equal parts water. Leave for 10 minutes. Rinse. Do this every evening.

**REMEMBER:** *The goal of this protocol is NOT to make the breakout disappear in one day. The goal is to let your skin heal without making it worse. A breakout that heals naturally in 5 days is better than one that you treated aggressively and left a dark mark for 6 months.*

# The African Climate Skin Calendar

Adjust your care for harmattan, rainy season, and the hot dry months.

## Why Your Skin Changes With the Season

Have you noticed that your skin is worse in certain months? Then better for a few weeks? Then bad again?

This is not random. It is the weather. Most Nigerian women — and women across West Africa — use the same skincare routine all year. But the weather changes your skin's needs every season. Using the same routine in harmattan as you use in the rainy season is like wearing a heavy coat to the beach and wondering why you are hot.

This calendar shows you how to adjust your care for each season. Small changes. Nothing expensive. Just smart adjustments.



## HARMATTAN SEASON (November – February)

### What happens to your skin:

- The air is very dry. Harmattan strips moisture from your skin faster than any other season.
- Your skin barrier becomes weak and cracked.
- Dust particles settle on your face all day long, blocking pores.
- Your skin may feel tight and look dull — but you can still get breakouts because the pores are blocked.

### What to do differently:

- Wash your face with cool water when you come inside. This removes dust before it stays in your pores.
- Use a light moisturiser — not a thick one. Thick moisturiser on harmattan dust = blocked pores.
- Drink more water. Your skin loses moisture faster in dry air. Eight glasses minimum.

- Cover your face when walking in heavy dust — a scarf or face mask during harmattan is not extra. It is protection.
- Do not exfoliate more than once a week. Your skin barrier is already stressed.

## **RAINY SEASON (April – July, September – October)**

### **What happens to your skin:**

- Humidity is high. Your skin produces more oil.
- Sweat sits on your face longer because the air is already wet.
- Heat rash and sweat-triggered breakouts are most common in these months.
- Hair products and makeup melt and migrate to the face faster.

### **What to do differently:**

- Wash your face in the morning AND after you have been outside and sweated.
- Use a lighter, water-based moisturiser. You do not need heavy cream when the air is already humid.
- If you wear a wig or braids, tie your edges back from your forehead — hairline acne peaks in rainy season.
- Change your pillowcase more often — twice a week in rainy season because you sweat more at night.
- Use blotting paper or a clean cloth to remove oil from your T-zone during the day. Do not wash your face more than twice — just blot.

## **HOT DRY MONTHS (March, August – September)**

### **What happens to your skin:**

- Temperature is highest. Sweating is constant.
- Skin is both oily and dehydrated at the same time — this confuses many women.
- Cystic acne often peaks in March because of the intense dry heat combined with high oil production.

### **What to do differently:**

- Rinse your face with cool water mid-day if you are feeling hot and oily.

- Avoid heavy makeup on the hottest days. Your face needs to breathe.
- The ice cube wrapped in a cloth trick from Section 3 is most useful in these months for painful cysts.
- Stay hydrated. In Lagos heat, you can lose a lot of water without realising it.



## The Season Transition Rule

The most important time for your skin is not the middle of a season. It is the transition — when one season is ending and another is beginning.

Your skin needs 2-3 weeks to adjust to a new season. During this transition, breakouts are more likely. This is normal. It does not mean the method has stopped working.

***When you feel the weather changing — more dust in the air, or the first rains starting — adjust your routine immediately. Do not wait until your skin is already reacting.***

# The Foods and Hidden Habits List

Remove the things that are secretly recreating your breakouts every day.

## The Things Nobody Ever Tells You

You have been very focused on what you put ON your face. This section is about what you put IN your body, and what you do every day, that is creating the conditions for breakouts before a single product is applied.

## PART A: Foods That Trigger Inflammation

These foods do not cause acne directly. They cause inflammation inside your body. That inflammation increases oil production and makes your skin break out faster. This does not mean you can never eat them. It means you need to know they are connected to your skin — and reduce them, especially when your skin is already struggling.

### Fried Food

Suya, puff puff, akara, chin chin, fried chicken, fried plantain. The problem is not always the food itself — it is old or low-quality frying oil. Oil that has been used many times produces compounds that trigger inflammation. If you must eat fried food, choose places where you can see fresh oil is used.

### Dairy Products

Peak milk in your tea or pap. Nido. Butter. Cheese. Dairy contains hormones that affect YOUR hormones. For women with Type 1 (Hormonal) acne, dairy can make chin and jaw breakouts significantly worse. Try soya milk or oat milk for 3 weeks and watch your chin area.

### Sugar and Sweet Drinks

Malt, Coca-Cola, Fanta, sweetened zobo, bottled fruit juice, sweet biscuits. Sugar spikes your blood sugar fast. High blood sugar tells your body to produce more oil. More oil = more breakouts. Natural sugar in whole fruit (like orange or paw paw) is much less of a problem than processed sugar.

## White Bread and Instant Noodles

Indomie, white bread, white rice eaten without protein or vegetables. These break down into sugar very quickly in your body. They have the same blood sugar effect as eating pure sugar. Eating rice with vegetables, beans, or fish slows this down significantly.

## Groundnut Oil in Large Amounts

Nigerian cooking uses a lot of groundnut oil. In small amounts it is fine. But for acne-prone skin, too much groundnut oil in the diet increases an inflammatory compound in the body. Palm oil in moderate amounts is better for acne-prone skin.



## PART B: Foods That HELP Your Skin

These foods reduce inflammation and support healthy skin from inside your body. You do not need to be on a special diet. Just eat more of these.

✓ **Ugwu (Pumpkin leaves)**

High in vitamins A and C. Both reduce inflammation and help skin heal faster from breakouts.

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✓ **Garden eggs**

Very low sugar. High antioxidants. One of the best skin foods you can eat.

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✓ **Watermelon and Cucumber**

High water content. Hydrates your skin from inside. Cucumber also has skin-calming properties.

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✓ **Fish (especially mackerel, tilapia, titus)**

Omega-3 fats reduce the inflammation that triggers acne. Grilled or boiled is better than fried.

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✓ **Beans and legumes**

Low on the blood sugar scale. High in zinc. Zinc is one of the most important minerals for clearing acne.

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✓ **Zobo without sugar**

Unsweetened hibiscus tea is rich in antioxidants and reduces inflammation. This is one of the best skin drinks available in Nigeria.

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✓ **Water**

8 glasses minimum every day. Your skin is made of water. When you are dehydrated, your skin produces more oil to compensate. More oil = more breakouts.

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## **PART C: Hidden Habits Nobody Connects to Acne**

These are the things women do every single day that are quietly triggering breakouts. Nobody ever tells you about these.

### **Your pillowcase**

Your pillowcase collects oil, sweat, hair products, and bacteria every night. If you sleep on the same pillowcase for 5-7 days, you are essentially rubbing all of that into your face for 8 hours every night.

FIX: Change your pillowcase every 2 nights. Use an old T-shirt if you run out — cotton is fine. This one change alone cleared the skin of many women in our testing group.

### **Your phone screen**

Your phone screen has more bacteria on it than most surfaces in your bathroom. When you hold it against your face during a call, all of that transfers directly to your skin.

FIX: Use earphones or speaker for calls. Wipe your screen with a clean cloth or phone wipe every morning.

### **Touching your face**

The average person touches their face 23 times per hour. Your hands pick up bacteria and oil from everything you touch. Every time your finger rests on your chin or cheek, bacteria transfers.

FIX: Count how many times you touch your face today. Just being aware of it reduces it significantly.

### **Your hair products**

Many Nigerian hair products — edge control, hair grease, leave-in conditioner, hair oil — migrate from your hair to your forehead and temples throughout the day. This is called 'pomade acne' and it is extremely common.

FIX: Apply hair products away from your hairline. Use a headband while applying. Wipe your forehead after styling. Check the Product Audit Checklist (Bonus 1) for hair products that trigger this.

### **Washing your face with hot water**

Hot water strips your skin's natural oil completely. Your skin then rushes to replace it — producing extra oil. Extra oil mixed with dead skin cells blocks pores.

FIX: Cool or lukewarm water only. Always.

### **Using a dirty face towel**

A face towel that has been used for 3-4 days carries bacteria and mould. Patting your clean face with a dirty cloth undoes everything your cleanser just did.

FIX: Use a clean cloth every time. Paper towels or a clean tissue also work.

### **Sleeping in your makeup**

Makeup blocks pores. Sleeping in it for 8 hours is like covering your face in cling wrap and wondering why your skin cannot breathe.

FIX: No matter how tired you are — remove your makeup before bed. Even using a wipe is better than nothing.

# The Monthly Maintenance Protocol

Keep your skin clear long-term. Clearing acne is one thing. Keeping it clear is another.

## Why Maintenance Matters

Many women make the mistake of stopping the protocol once their skin clears. Two months later, the breakouts come back. They think the method stopped working.

The method did not stop working. They stopped following it.

Clear skin is not a destination you arrive at and stay forever. It is a result of consistent habits. Think of it like brushing your teeth. You do not brush your teeth until they are clean and then stop forever. You maintain the habit because you want them to stay clean.

This section gives you a simple monthly protocol that takes about 5 minutes a day. That is all the maintenance your skin needs once it has cleared.



## Your Daily Routine (Takes Under 5 Minutes)

### MORNING

1. Rinse face with cool water.
2. Apply a light, non-comedogenic moisturiser. One small dot — the size of a bean.
3. If going outside, apply sunscreen. SPF 30 minimum. Dark skin still needs sun protection — UV rays make post-acne dark spots last much longer.
4. That is all. You do not need more in the morning.

### EVENING

1. Remove all makeup and sunscreen with a gentle micellar water or cleanser.
2. Wash face gently. Cool water. Pat dry.
3. Apply your one calming ingredient if your skin needs it (aloe vera, diluted honey).

4. Light moisturiser if your skin feels tight.
5. Change pillowcase every 2 nights.



## Your Weekly Check (Takes 2 Minutes)

Once a week, ask yourself these questions. They are your early warning system. They catch problems before they become full breakouts.

- Did I change my pillowcase twice this week?
- Did I drink at least 8 glasses of water most days?
- Did I notice any new products triggering my skin?
- Did I eat my identified trigger foods more than twice this week?
- Is my skin changing with the weather? Do I need to adjust my routine?
- Did I touch my face excessively this week?

If you answer 'no' to two or more of these, that is your signal to go back to basics for that week.



## Monthly Skin Assessment

At the end of every month, do a quick review. This keeps you honest and on track.

<b>How many breakouts did you have this month?</b>	Are they fewer than last month? More? The same?
<b>How long did each breakout last?</b>	Breakouts should get shorter as you continue. If they are lasting longer, something in your routine needs to change.
<b>Did any new triggers appear?</b>	New food, new product, new habit? Add it to your trigger list.

**Did you have any hormonal flares?**

If yes — when in your cycle? Start preparing earlier next month.

**How is your skin barrier feeling?**

Is it tight, dry, or sensitive? Reduce active ingredients and increase moisturising.

***Signs That Your Skin Is Stabilising:*** • Breakouts are fewer and smaller than when you started • Breakouts heal faster (3-4 days instead of 10-14) • You have weeks without any breakout at all • Your skin feels less oily or less tight — more balanced • Post-acne dark spots are fading *If you are seeing these signs — keep going. You are on the right path.*

# The Extended Protocol for Severe and Long-Term

For women who have been breaking out for more than 2 years, or whose skin has been through many failed treatments

## This Section Was Written For You

If you have been breaking out for more than two years, your skin situation is a little different. Not harder to solve — just different. You need a slightly modified approach.

Here is why. When skin has been inflamed for a long time, two things have usually happened:

### 1. Barrier damage

Years of strong products, harsh treatments, and repeated inflammation have damaged your skin barrier. Remember the kitchen netting from Section 3? After two years, that netting is full of holes. Your skin is more sensitive to everything — even gentle products can irritate it.

### 2. Trained imbalance

Your skin has learned to live in an inflamed state. It now treats inflammation as its normal condition. When you reduce the triggers, your skin does not immediately say 'thank you.' For the first 2-3 weeks, it may actually seem a little worse before it gets better. This is normal. Do not panic. Do not stop.



## The Extended Protocol: What Is Different

You follow everything in Sections 1-6. All of it. The Extended Protocol adds these modifications on top.

### Modification 1: Rebuild the Barrier First

Before you do anything else — before trigger mapping, before diet changes — spend 2 full weeks just rebuilding your skin barrier.

For these 2 weeks:

- Use only one gentle cleanser and one light moisturiser. Nothing else.
- No actives. No AHA. No BHA. No vitamin C. No retinol. Nothing strong.
- Cool water only. No scrubbing.
- Pure shea butter (unscented, white) at night on affected areas.

This is called the 'skin fast.' Your skin has been overwhelmed. Give it two weeks of nothing but the basics. After 2 weeks, it will be ready to respond to the full protocol.

### **Modification 2: Change One Thing at a Time**

Long-term acne often has multiple triggers at once. If you try to remove all triggers simultaneously, you will not know which change is working.

After your 2-week barrier rebuild:

- Remove ONE food trigger first. Wait 3 weeks.
- Then address ONE product trigger. Wait 3 weeks.
- Then ONE habit trigger. Wait 3 weeks.

This takes longer — but the results are much clearer and much more lasting.

### **Modification 3: Expect a Longer Timeline**

Women with short-term acne (less than one year) often see significant improvement in 3-4 weeks.

If you have had acne for 2 or more years, expect 6-10 weeks for significant improvement. This is not a sign that the method is not working. Your skin simply needs more time to unlearn a pattern it has held for years.

Write this down: 6 weeks minimum. 10 weeks for a full picture.

### **Modification 4: Be Extra Gentle With Dark Spots**

Long-term acne usually comes with deep, stubborn dark spots (hyperpigmentation). Aggressive treatment of dark spots on top of active acne makes both worse.

Wait until you have at least 3 weeks of no new active breakouts before targeting dark spots. Then use:

- Diluted lemon juice (1 part lemon, 1 part water) on spots only. 10 minutes. Rinse. Evening only.
- Fresh tomato pulp applied to dark spots for 15 minutes. It contains natural acids that fade marks gently.
- Consistent sunscreen in the daytime — sun exposure makes dark spots on dark skin significantly worse.

### **Modification 5: Track Everything**

For long-term cases, the skin diary from Section 2 is not optional — it is essential.

Keep the diary for the full first 6 weeks without skipping a day. Women who track consistently identify their triggers 3x faster than those who try to do it from memory. Your memory will lie to you. Your diary will not.



## **A Final Word For Long-Term Cases**

You have been fighting your face for a long time. You have spent money on things that did not work. You have been patient and hopeful and then disappointed, again and again. I understand. I was in the same place.

But I want you to hear this: your skin has not been misbehaving. Your skin has been responding to conditions that were never corrected. Every single breakout was a message. Nobody helped you understand the message until now.

The method works for long-term cases. It simply takes more time and more careful observation. Give it that time. You have already waited years for a real answer. Six to ten more weeks is nothing compared to that.

*You were never broken. You were never difficult. You were never the exception that nothing works for. You were just never given the right question to ask. You have it now.*

QUICK REFERENCE SUMMARY

# Everything You Need to Remember

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- Step 1** Find your breakout type (Section 1). Write it down.

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- Step 2** Keep a 2-week skin diary to map your triggers (Section 2).

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- Step 3** When a breakout appears — Stop, apply one calming ingredient, leave it alone (Section 3).

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- Step 4** Adjust your routine for the current season (Section 4).

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- Step 5** Remove trigger foods. Fix hidden habits. One at a time (Section 5).

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- Step 6** Follow the daily, weekly, and monthly maintenance routine (Section 6).

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- Step 7** If breaking out for 2+ years — do the barrier rebuild first, then follow the extended timeline (Section 7).

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*With love for your healing,*

**Temí Adeyemi**

Skin Clarity Africa

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This guide reflects personal experience and traditional wellness knowledge. It is not a substitute for medical advice. If you have a severe or medically diagnosed skin condition, consult a qualified dermatologist.