

GENOSYS Acne & Blemish Treatment — Home Care Protocol

For: End users with acne-prone, oily, or combination skin

Climate: UAE (high heat, humidity, AC cycling)

Line: GENOSYS Intensive Problem Control

Goal: Clear active breakouts, prevent new ones, fade post-acne marks

Understanding Acne in the UAE Climate

The UAE's unique combination of **extreme heat (40°C+)**, **high humidity**, and **constant air conditioning cycling** creates a perfect storm for acne:

- **Heat + humidity** → increased sebum production → clogged pores → breakouts
- **AC cycling** → dehydrated skin surface → barrier damage → rebound oiliness
- **UV exposure** → post-inflammatory hyperpigmentation (dark marks after every blemish)
- **Sweat + sunscreen** → occlusion if not cleansed properly → comedonal acne

The GENOSYS Intensive Problem Control system addresses all four factors with a targeted approach that treats acne without destroying the skin barrier.

Morning Routine (5 minutes)

STEP 1: GENTLE CLEANSER (1 MIN)

Product: SNOW O₂ CLEANSER — 330 AED

Apply to dry face. Let the oxygen bubbles form naturally — they lift impurities from pores without rubbing. This is critical for acne-prone skin: rubbing spreads bacteria from active lesions.

Rinse with **lukewarm water** (never hot — hot water strips the barrier and triggers more oil).

STEP 2: ACNE CONTROL TONER (30 SEC)

Product: INTENSIVE PROBLEM CONTROL TONER — 260 AED

Soak a cotton pad and sweep across the T-zone, chin, and jawline. Contains: - **Salicylic acid (BHA)** — dissolves sebum plugs inside pores - **Niacinamide** — reduces redness and regulates oil production

Spot compress technique: For cystic spots, hold a soaked pad on the lesion for 30 seconds.

STEP 3: PROBLEM CONTROL SERUM (30 SEC)

Product: PROBLEM CONTROL SERUM — 330 AED

Apply 2–3 drops to the entire face, concentrating on breakout zones. The serum penetrates deeper than the toner to: - Reduce inflammation at the follicle level - Prevent new comedones from forming - Accelerate healing of existing lesions

Wait 30 seconds for absorption.

STEP 4: LIGHTWEIGHT MOISTURISER (30 SEC)

Product: INTENSIVE PROBLEM CONTROL CREAM — 290 AED

Apply a thin layer. This cream is: - **Oil-free** — won't contribute to sebum overload - **Non-comedogenic** — won't clog pores - **Barrier-supporting** — prevents the dryness that causes rebound oiliness

⚠ Never skip moisturiser — dehydrated skin produces MORE oil.

STEP 5: SUN PROTECTION (30 SEC)

Product: ULTRA SHIELD SUN CREAM SPF 50+ PA++++ — 250 AED

Apply generously to face and neck. **This step is non-negotiable for acne skin:** - UV darkens every acne mark (post-inflammatory hyperpigmentation) - Without SPF, cleared blemishes leave dark spots that take months to fade - ULTRA SHIELD's lightweight formula won't clog pores

Evening Routine (5–7 minutes)

STEP 1: DOUBLE CLEANSE (2 MIN)

Products: - SKIN DEFENDER LIP & EYE MAKEUP REMOVER — 290 AED - SNOW O₂ CLEANSER — 330 AED

First cleanse: Makeup remover dissolves SPF and makeup.

Second cleanse: Oxygen cleanser removes residual sunscreen, sweat, and pollution.

Leftover sunscreen + sebum = breakout trigger. Always double cleanse.

STEP 2: EXFOLIATE — 2-3× PER WEEK (2 MIN)

Product: EPI TURNOVER BOOSTING PEELING GEL — 250 AED

Apply to **dry** skin. Massage in circular motions for 1-2 minutes. Dead skin cells ball up and are removed. This gentle chemical + physical exfoliation: - Unclogs pores without micro-tears - Improves product penetration for subsequent steps - Fades post-acne marks over time

⚠ Skip on nights when skin is irritated or you have open lesions. Max 3× per week.

STEP 3: ACNE CONTROL TONER (30 SEC)

Product: INTENSIVE PROBLEM CONTROL TONER — 260 AED

Same technique as morning. The evening application is especially effective — actives work overnight without UV interference.

STEP 4: PROBLEM CONTROL SERUM (30 SEC)

Product: PROBLEM CONTROL SERUM — 330 AED

Apply 3-4 drops (slightly more than morning). The serum works with your skin's natural overnight repair cycle. For stubborn spots, apply an extra drop as a spot treatment.

STEP 5: NIGHT MOISTURISER (30 SEC)

Product: INTENSIVE PROBLEM CONTROL CREAM — 290 AED

Seals in treatment actives and supports barrier recovery overnight. If skin feels dry (common with acne treatments), mix 1 drop of **MOISTURE REPLENISHING HYALURON SERUM** (330 AED) into the cream for extra hydration without oil.

Weekly Boost (Optional)

HYDRATING MASK — 1× PER WEEK

Product: PEPTIDE GEL MASK — 380 AED

Even acne-prone skin benefits from a weekly hydration boost. Apply after toner, leave 15-20 minutes, rinse. This replenishes the moisture that acne treatments can deplete.

MICROBIOME SUPPORT — DAILY

Product: MICROBIOME ENERGY INFUSING MIST — 160 AED

Spray 2-3 times from 20 cm throughout the day. Contains pre/probiotics that support your skin's natural microbiome — a healthy microbiome helps fight acne-causing bacteria.

Key Active Ingredients

Ingredient	Role	Found In
Salicylic Acid (BHA)	Dissolves sebum inside pores, anti-inflammatory	Toner, Serum
Niacinamide (Vitamin B3)	Regulates sebum, reduces redness, fades marks	Toner, Serum, Cream
Tea Tree Extract	Natural antibacterial	Serum
Centella Asiatica	Soothes inflammation, promotes healing	Cream
Hyaluronic Acid	Barrier-safe hydration without oil	Snow O ₂ Cleanser, Cream

Recommended Sets by Severity

MILD ACNE — "CLEAR START" SET

Occasional breakouts, oily T-zone, visible pores

Product	Price
SNOW O ₂ CLEANSER	330 AED
INTENSIVE PROBLEM CONTROL TONER	260 AED
INTENSIVE PROBLEM CONTROL CREAM	290 AED
ULTRA SHIELD SUN CREAM SPF 50+	250 AED
Set Total	1,130 AED

MODERATE ACNE — "FULL CONTROL" SET

Regular breakouts, oily skin, some scarring


Product	Price
SNOW O ₂ CLEANSER	330 AED
INTENSIVE PROBLEM CONTROL TONER	260 AED

Product	Price
PROBLEM CONTROL SERUM	330 AED
INTENSIVE PROBLEM CONTROL CREAM	290 AED
ULTRA SHIELD SUN CREAM SPF 50+	250 AED
Set Total	1,460 AED

SEVERE / PERSISTENT ACNE — "DEEP RESET" SET

Frequent breakouts, cystic acne, post-acne marks

Product	Price
SNOW O ₂ CLEANSER	330 AED
SKIN DEFENDER MAKEUP REMOVER	290 AED
INTENSIVE PROBLEM CONTROL TONER	260 AED
PROBLEM CONTROL SERUM	330 AED
INTENSIVE PROBLEM CONTROL CREAM	290 AED
EPI TURNOVER PEELING GEL	250 AED
ULTRA SHIELD SUN CREAM SPF 50+	250 AED
Set Total	2,000 AED


 **Tip:** Orders over 1,000 AED qualify for free shipping on genosys.ae

Common Mistakes to Avoid

1. **Over-cleansing** — Washing more than 2× daily strips your barrier and increases oil production
2. **Skipping moisturiser** — Dehydrated skin = more sebum = more breakouts
3. **Skipping SPF** — Every cleared blemish becomes a dark mark without UV protection
4. **Picking/squeezing** — Spreads bacteria, damages tissue, causes scarring
5. **Using harsh scrubs** — Micro-tears in skin = bacteria entry points. Use chemical exfoliants instead
6. **Changing products too often** — Give the system 4–6 weeks before judging results
7. **Using heavy oils/butters** — Even "natural" oils (coconut, shea) can be comedogenic

Expected Timeline

Week	What to Expect
Week 1-2	Reduced oiliness, fewer new breakouts, possible initial purging
Week 2-4	Existing blemishes flatten and fade, pores appear smaller
Week 4-6	Significant clearing, skin texture improves
Week 6-8	Post-acne marks begin to lighten, overall skin clarity
Week 8-12	Maintenance phase — continue routine to prevent recurrence

 **Initial purging** (week 1-2): BHA can temporarily bring hidden comedones to the surface. This is normal and resolves within 2 weeks. If irritation occurs, reduce toner/serum to once daily until your skin adjusts.

UAE-Specific Tips

- **Change pillowcases** every 2-3 days — UAE dust + sebum = bacterial breeding ground
- **Keep face towels separate** and replace daily
- **Don't touch your face** — hands transfer bacteria constantly in public transport and offices
- **Stay hydrated** — drink 2-3 liters of water daily; dehydration triggers more sebum
- **Blot, don't powder** — blotting papers remove oil without clogging; powder + sebum = comedones
- **Clean your phone screen** — phones pressed against cheeks cause "phone acne" along the jawline

Protocol by GENOSYS Professional | [genosys.ae](https://www.genosys.ae) | Updated February 2026