



PURIFYING

bleu  
&  
marine  
BRETANIA

Mer Contrôle

**Anti-Acne programme**

*acne-prone skin*

# PURIFY & REGULATE

## Mer Contrôle Anti-Acne Treatment PROTOCOL

Designed for acne-prone skin to regulate skin secretions, nourish, soothe and protect the skin afflicted with acne.

Acne treatments consist of reducing sebum production, removing dead skin cells, and killing bacteria.

bleu & marine treats and prevents acne with strong natural actives and soothing natural extracts. An exclusive combination of actives to treat all 4 causes of acne. Products are specially formulated to work on both teen and adult acne.

### PROGRAMME TREATMENT FREQUENCY

With a high concentration of powerful agents, a four-stage treatment that leaves skin healthy, clean and free of imperfections.

Paraben-free Skin Care Products - Preservatives in all our products were chosen for their proven gentleness to the skin and their proven safety.

### Product-by-product Range Overview

Purifying Gel for Oily skin	1G02 500 ml	Contains condensed proteins, washing agents of vegetable origin, plant extract and natural essential oils with notorious disinfecting properties. It leaves skin thoroughly cleansed, impurity-free, clear and perfectly prepared for the application of bleu & marine treatment
Light Enzymatic Peeling with Green Tea & Guarana	P34	Purification of the skin. The enzymatic peeling has been formulated into an exclusive and contemporary powder mask. Its active ingredients (green tea & guarana) are derived from natural plants.
Anti-Acne Tea Tree Oil peel-off Mask	H12 500 g	Tea tree has a long history of traditional use. Australian Aboriginals used tea tree leaves for healing skin cuts, burns, and infections by crushing the leaves and applying them to the affected area.  Tea tree oil contains constituents called terpenoids, which have been found to have antiseptic and anti-fungal activity. The compound terpinen-4-ol is the most abundant and is thought to be responsible for most of tea tree oil's antimicrobial activity.  The mask absorbs the excess of sebum and the skin is purified. Zinc, contained in marine silt, regulates sebum metabolism. The willow leaves contain salicylic acid which contributes to reduce marks due to acne.
Balancing Complex Oily and Acneic Skin	1S03 80 ml	Soothes, protects and feeds the skin while aiding in the decrease of production of oils by the skin's sebaceous glands. This very light complex contains essential oils notorious for their sebum regulating action.
Fresh Herbs Mask	P206 200 ml	The Instant® Fresh herbs mask is a powder containing an oily phase (plant oils) which instantaneously dissolves in water to form a creamy emulsion. The green particles in the texture and the characteristic scent of this product reflect the wealth of aromatic plants used. Ideal as a Spa treatment or as a skincare at home, this mask has anti-bacterial & rebalancing properties and is particularly suitable for young, oily & sensitive skins. This care leaves the skin feeling calm and re-balanced.

Parsley has anti-inflammatory properties and acts as a skin

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smoother. Rich in Vitamin C, pro vitamin V and chlorophyll, it increases circulation and helps purify the skin. Watercress reduces skin irritations and has great detoxifying properties. Dill is an antibacterial agent and promotes skin elasticity. Basil invigorates and rebalances the skin.

## Directions for use

10g of powder for a facial care.  
Mix quickly 10g powder with 30ml of water in a bowl or in a shaker until it transforms into an unctuous cream.  
Apply it to the skin and let it act. Rinse it off with a moist towel. Duration: 10 minutes.

Matifying Moisturiser

1G03  
150 ml

Matifying, sebo-regulating moisturising treatment for a healthier-looking matified complexion. Prevents and corrects shine in oily skins. Its formula is rich in sebo-regulating agents and is reinforced by special sebum captors, so guaranteeing a true anti-shine effect. Excellent make-up base.

Main Ingredients: Green tea, Guarana, Fucus vesiculosus Algae, Tea Tree Oil, Willow extract, Propolis cera, Ivy, Watercress, Rucula - rocket, Laminaria Algae, Lavender essential oil, Rosemary Essential Oil, Lemon Essential Oil, Menthol, Zinc, White Clay.

bleu & marine Mer Contrôle treatment immediate benefits:

- Removes excessive sebum & Decreases sebum production
- Softens the comedones thereby making extractions easier and more effective
- Prevents bacterial proliferation through highly effective anti-bacterial ingredients

bleu & marine Mer Contrôle treatment long-term benefits:

- Decreases the appearance of new comedones
- Reduces the formation of new scars
- Triggers skin renewal
- Stimulates cell regeneration
- Increases elasticity

## PHASE 1 CLEANSING

Cleanse the eyes and lips with Biphase Cleansing, then cleanse the face and neck with Cleansing Milk. Finish with Sea Tonic Lotion.

## PHASE 2 PURIFYING

Purify the skin with a mixture of Oily Skin Purifying Gel and Sea Tonic Lotion (foaming action). Apply steam to the area for 10 minutes, then dry the skin with a tissue. Continue eventually with blackhead extraction. Finish with application of Sea Tonic Lotion.

## PHASE 3 REMOVE DEAD CELLS (superficial enzymatic peeling)

Apply the Multivitamin Tensor Cocktail around the eye area for protection.

Pour 10 g of green tea & guarana powder into a ceramic bowl. Add approximately 10 ml of water or massage oil to the powder. Mix together with a spatula. Place the ceramic bowl on a candle burner. When the peeling becomes warm it is now ready to use.

Put on plastic gloves, then spread the peeling mask on the face area without any massage movement. Leave for 10 minutes. When it starts to dry dampen a sponge with warm water and humidify the mask. Remove with damp sponges and lukewarm water, finish with an application of Sea Tonic Lotion or Oligo+++ Concentrated.

## PHASE 4 MOISTURISING

Even very oily skin needs essential fatty acids as they are involved in cell membranes and also in cell capacity to hold water. Depriving the skin from essential fatty acids by oil free products can result in stimulation of the skin to produce and secrete more fats, more oily skin. bleu & marine recommend to follow with a very soft facial application of Pure Rose Hip Oil

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## **PHASE 5 TREATMENT MASK**

Prepare the Anti-Acne Tea Tree Oil peel-off Mask by mixing 30 g of powder with 90 ml of water. Pour all the water at once on the powder, stir quickly and vigorously during one minute to get a homogeneous paste. Apply the paste immediately to the face. The mask sets in 5 minutes following the application. Leave the mask to perform its function at least 15 minutes. Remove it by peeling off in one whole piece.

Gently rub off any remaining pieces of the mask with a cotton pad or a sponge slightly dampened with Sea Tonic Lotion. Pat dry.

Or Use Fresh Herbs Mask

## **PHASE 5 SEBUM CONTROL**

Sebum changes during acne and one of the goals of any acne treatment is to control sebum.

Apply Balancing Complex Oily and Acneic Skin until it is thoroughly absorbed and then apply Matifying Moisturiser (Excellent make-up base, a cream that could be worn everyday under make-up )

## **HIGH PERFORMANCE HOME TREATMENTS**

- Oily Skin Purifying Gel 200 ml
- Matifying Moisturiser 50 ml
- Balancing Complex Oily and Acneic Skin 30 ml
- Sebo -Regulating Mask 50 ml

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Produits sans colorant de synthèse, sans conservateur, sans parabène, sans phénoxyéthanol, sans polyéthylène glycol, sans silicone, sans colorant, sans parfum de synthèse, sans OGM, sans matière animale et qui ne sont pas testés sur les animaux.



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