Chandra Bredel, national educator for Sampar, believes only well-trained physicians specializing in scar treatment should try to address ice pick, hypertrophic, and keloid scars. She offers this step-by-step acne treatment as a means of preventing or minimizing scarring.

1. **Prepare.** Client is face up; towels are placed under arms and feet.

2. **Cleanse.** Remove eye and lip makeup with cream cleanser, then cleanse entire face. Perform a second cleansing with a foaming cleanser.

3. **Exfoliate.** Apply steam and enzymatic exfoliating mask to face, neck, and chest. Place compresses on eyes. Leave on for ten minutes. Perform a foot massage. After cleaning hands, remove mask with warm towel; follow with a calming mist on cotton rounds.

4. **Cleanse.** Perform comedone extractions. Apply an anti-inflammatory solution to areas extracted.

5. **Calm and soothe.** Apply a calming mist on cotton rounds to skin.

6. **Massage.** Apply your massage medium with geranium essential oil to neck and shoulders and perform a neck and shoulder massage (within your scope of practice; some states limit how far down the vertebrae estheticians can massage). Proceed to shiatsu massage for the face.

7. **Purify.** Apply an eye cream or gel to the eye area, then one millimeter of a non-setting, clay-based mask. Leave on for ten minutes. Perform arm and hand massage. Remove mask with a warm towel; follow with a calming mist on cotton rounds.

8. **Moisturize.** Apply an eye cream or gel and a salicylic acid gel to papules, nodules, and cysts. Apply an oil-regulating serum and an oil-free hydrator to skin. This treatment can be performed weekly for six to eight weeks and home care, including exfoliation and hydration as key components, should be recommended.

    “Request and recommend that the client not pick at lesions,” Bredel says. “Also, encourage the client to ice the lesions for five minutes before applying any pimple-fighting medications. This allows inflammation to reduce and the actives to work more quickly.”

—Monica Schuloff Smith