

growth
hormones,
which peak
during
puberty,
increase skin
cell turnover

TRUE OR FALSE



TRUE

Growth hormones can encourage up to 4-5x more skin cell turnover.

Flashfoliant helps skin cells shed more effectively and reduces the likelihood of congestion and breakouts.

exfoliation
helps to
brighten
the skin

TRUE OR FALSE



TRUE

Exfoliation sloughs off old skin cells and encourages new cells to the surface, to reveal a brighter skin.

Flashfoliant contains Tangerine Peel, an AHA which causes a burst in exfoliation that promotes smoother skin which will reflect light more effectively leading to brighter skin.

stress
increases
breakout
activity

TRUE OR FALSE



TRUE

Both psychological and physical stress can accelerate the impact of hormones on breakouts and promote oil production too.

Good lifestyle choices such as, getting sufficient sleep and taking time out to reduce stress can play a role in controlling breakouts.

scrub
exfoliants
are best for
a breakout-
prone skin

TRUE OR FALSE



FALSE

Chemical exfoliants are preferable as they avoid abrasive ingredients that can aggravate breakouts.

Flashfoliant contains an effective blend of AHA's & BHA's to tackle those breakouts, without increasing inflammation within the skin.

it's best to
exfoliate
before you
cleanse

TRUE OR FALSE



FALSE

A skincare routine should start with cleansing to remove surface impurities. Follow with exfoliation, tone then moisturise.

Flashfoliant is an effective leave-on exfoliant, making it quick and easy to use.

AHA's like
citric acid,
are great
for clearing
blocked
pores

TRUE OR FALSE



FALSE

It's actually BHA's, like salicylic acid that help to flush follicles clear of skin cells and excess oil. AHA's are used to promote natural exfoliation and brighten the skin.

Flashfoliant is a great option as it contains a combination of BHA's and AHA's.