

WHEN EXPERIENCING AN ACNE BREAKOUT / ALLERGIC REACTION after you started using DIANA's Products:

After you start using Diana's products, and your skin starts to break out with acne and pimples, it is not necessarily NEGATIVE. This is simply the DETOX of your skin.

NB: An important factor to determine whether it is detox or allergy, is to answer this question:

- Is your skin itchy, red, and irritated?
- YES, you are allergic to my products.
- NO, it is only NORMAL DETOX of the skin.

Other factors which cause acne breakouts on the skin:

1. If you recently started eating and drinking healthier. This causes detox of the body, which also causes detox of the skin.
2. If you recently started doing exercise, gym, jogging etc. This causes detox of the body, which also causes detox of the skin.
3. The flip side of the coin is also true: if you recently started eating and drinking unhealthy, this will lead to a build-up of toxins in the body, which will lead to breakout of skin.
4. During menstruation and ovulation your skin will breakout, due to hormonal changes in body.
5. Breakouts during pre-menopause and menopause is quite common, due to hormonal changes.
6. Whenever we do not drink sufficient still water (6-8 glasses each day), it will lead to a build-up of toxins in the body, which will lead to breakout of skin.
7. Whenever we drink too much alcohol, it will lead to a build-up of toxins in the body, which will lead to breakout of skin.
8. Whenever we drink too much sugary soft drinks, as well as other carbonated drinks, it will lead to a build-up of toxins in the body, which will lead to breakout of skin.
9. When we scratch and pick pimples and acne, it contaminates the rest of the skin, and will lead to extra breakouts. Never pick your skin.

Bottomline: there are many factors that cause breakouts. One must look at the above factors.

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