



7 Day Acne Guide

Aha Harmony Team

www.ahaharmony.com

Table of Content

Introduction: Understanding Acne & Skin Balance	1
Day 1: Morning & Night Routine Optimization	1
Day 2: Diet for Healthy Skin	2
Day 3: Stress Reduction & Skin Healing.....	3
Day 4: Hydration & Detox.....	3
Day 5: Targeted Skin Programs with Aha Halo.....	4
Day 6: Monitor & Adjust.....	5
Day 7: Maintaining Your Glow.....	5
Bonus Tips: Seasonal Skincare, Common Mistakes, And Expert Advice	6

Introduction: Understanding Acne & Skin Balance

Causes of Acne: Hormones, Diet, Stress

Acne is one of the most common skin conditions, affecting both teenagers and adults. Understanding the root causes of acne is crucial to finding effective solutions, and the primary factors contributing to acne include:

- **Hormonal Imbalance:** Hormone changes may trigger sebaceous glands to produce excess oil, which can clog pores, leading to acne formation.
- **Diet:** High-glycemic foods (like sugar and refined carbohydrates) and dairy products may contribute to acne flare-ups.
- **Stress:** Stress increases the production of cortisol, which can worsen acne and trigger inflammation.

While these are the most common causes, environmental factors, genetics, and skin care habits can also play a role in acne development.

Role of Energy and Frequency in Skin Health

In addition to physical causes, some people may experience skin imbalances related to energy flow in the body, and [Aha Halo's scalar frequency therapy](#) supports the body's natural energy flow, which helps address skin inflammation, improve circulation, and balance hormone levels. By targeting the body's energy pathways, Aha Halo helps to promote healthier skin at the cellular level.

Day 1: Morning & Night Routine Optimization

Cleanse, Protect, and Prep Skin

The first step toward clearer skin is building a **consistent skincare routine**. A consistent morning and night routine is the key to keeping the skin clear and balanced. Try to focus on these steps:

1. Gentle Cleansing: Use a mild, non-comedogenic cleanser to remove dirt, oil, and makeup without irritating the skin. Avoid harsh scrubs that can aggravate acne.

2. Protect: Apply a lightweight and oil-free moisturizer to hydrate the skin, and put on sunscreen during the day to protect the skin from UV damage.

3. Prep for Healing: After cleansing, use Aha Halo to prepare your skin for the healing process. Incorporating Aha Halo into your routine can help calm inflammation and support the skin's natural repair process.

Using Aha Halo During Your Routine

Recommended Program: *Acne*

When to Use: After cleansing and before applying moisturizer

How It Helps: Supports skin's natural clarity by addressing environmental and internal factors.

Use Aha Halo in a comfortable position, letting the program enhance your skincare routine naturally.

Day 2: Diet for Healthy Skin

Foods that Support Skin Health

A healthy diet is foundational for clear skin, and certain foods are known for reducing inflammation and support skin healing:

- **Omega-3 Rich Foods:** Fatty fish, walnuts, chia seeds, and flaxseeds help to reduce inflammation.
- **Antioxidant-Rich Fruits and Vegetables:** Blueberries, spinach, kale, and bell peppers fight free radicals and support skin repair.
- **Zinc-Rich Foods:** Zinc helps to balance hormones and supports the skin's healing process, and foods like pumpkin seeds, chickpeas, and lentils are great sources.

Foods to Avoid that Aggravate Acne

Certain foods can trigger acne flare-ups. These include:

- **High-Glycemic Foods:** Refined sugars and white bread spike blood sugar, which can trigger inflammation.
- **Dairy Products:** Milk and cheese may aggravate acne for some individuals, particularly those sensitive to dairy.
- **Processed Foods:** Fast food, chips, and snacks high in unhealthy fats can worsen skin conditions.

Day 3: Stress Reduction & Skin Healing

Mindfulness, Relaxation, and Scalar Frequency Therapy

Stress can be a significant trigger for acne flare-ups in many people. Elevated cortisol levels due to stress can lead to inflammation, making acne worse. Reducing stress is essential for healing your skin. Today, focus on mindfulness and relaxation to calm both your mind and skin.

- **Mindful Breathing:** Practice deep, slow breathing to activate your parasympathetic nervous system (PNS, the body's "rest and digest" system).
- **Progressive Muscle Relaxation (PMR):** Starting from your feet, tense and then release each muscle group, working your way up to your head. This helps to release physical tension and reduce stress.

Recommended Program: *Relaxation I, Relaxation II*

When to Use: Midday or after a stressful activity

How It Helps: These programs promote relaxation, lowers cortisol levels, and help the body to enter a healing state. Regular use can help prevent stress from affecting your skin.

Day 4: Hydration & Detox

Importance of Water and Gentle Detoxing

Proper hydration is vital for your skin health, and water helps to flush out toxins, supports collagen production, and keeps the skin's elasticity intact.

Daily Hydration Tip:

Aim for **around 2 liters of water daily**, or adjust according to your body's needs. Infuse your water with cucumber, mint, or lemon to add antioxidants and keep things fresh.

How [Aha Halo](#) Supports Cellular Health

A hydrated body functions optimally, and Aha Halo can support this by enhancing cellular detoxification. Using Aha Halo while drinking enough water helps to optimize your body's ability to cleanse itself from within.

Recommended Program: *Full Body Cleansing*

When to Use: After drinking your first 2 glasses of water in the morning

How It Helps: Assists in reducing systemic burden and maintaining whole-body equilibrium.

Day 5: Targeted Skin Programs with Aha Halo

Best Programs for Acne, Collagen, and Glow

Today, we'll be focusing on using Aha Halo's **targeted programs** designed to help treat acne, improve collagen production, and restore your skin's natural glow. These programs are designed to support skin healing from within, helping your skin restore balance and glow.

Recommended Program for Acne: *Glowing*

When to Use: After morning cleansing or before bed

How It Helps: Helps the skin to retain a fresh, luminous appearance and soft texture over time.

Recommended Program for Collagen Production: *Collagen*

When to Use: After the *Acne* program

How It Helps: Helps to maintain the skin's natural suppleness and daily renewal rhythm

Step-by-Step Usage Guide

Step 1: Cleanse your skin thoroughly with a gentle cleanser.

Step 2: Apply your acne-targeted Aha Halo program for 20-30 minutes.

Step 3: Follow up with a moisturizer and sunscreen during the day.

Step 4: In the evening, repeat with the *Collagen* program to help restore skin elasticity.

Day 6: Monitor & Adjust

Track The Skin's Progress; Adjust Frequency and Programs

Throughout your acne treatment journey, it's important to **monitor your skin's condition progress**. Take note of any changes, both positive and negative, to adjust your approach as needed.

Keep a Skin Journal: Document how your skin feels: any breakouts, dryness, or improvements.

Adjust Programs as Needed: If you feel like a program isn't working as expected, consider switching programs or usage frequency based on your skin's needs.

Usage Frequency Tip: Continue with the current program if you're seeing an improvement, but feel free to adjust usage frequency based on your skin's response.

Day 7: Maintaining Your Glow

Tips for Long-Term Skin Health

Congratulations—you've completed your 7-day glow reset! But skin care doesn't end here. To maintain your glow, consistency is the key.

- **Maintain a balanced diet** rich in fruits, vegetables, and healthy fats.
- **Stay hydrated** and avoid sugary, processed foods.
- **Protect your skin** from the sun by using sunscreen daily.

Integrating Aha Halo into Your Daily Life

To continue seeing skin improvements, make Aha Halo part of your daily routine:

- **Morning Program:** Start your day with a 15-minute [Aha Halo](#) session to energize and prepare your skin for the day.
- **Night Routine:** Do a calming and restorative session before bed to promote deep healing while you sleep.

Bonus Tips: Seasonal Skincare, Common Mistakes, And Expert Advice

Seasonal Skincare

Your skin's needs will shift as seasons change, And here are a few tips to maintain your skin health all year round:

- **Winter:** Use heavier moisturizers and incorporate extra hydration.
- **Summer:** Increase sunscreen use and consider switching to lighter moisturizers.

Common Mistakes

- **Over-Exfoliating:** Don't strip your skin of its natural oils.
- **Skipping Sunscreen:** Protect your skin from UV damage, which can trigger breakouts.
- **Inconsistent Routine:** Stick to your routine for long-term benefits.

Bonus Tips

Always **listen to your skin:** adjust your products and routines based on how your skin responds.

Be patient: Having clear skin takes time and consistent care.

Final Thoughts

Achieving clear and glowing skin is a long journey, and it requires a combination of good skincare habits, mindful routines, healthy lifestyle choices, and right supportive tools. Aha Halo's energy healing programs are here to guide you along the way, promoting cellular health and skin balance.

Celebrate your progress, stay consistent, and keep nourishing your skin. You truly deserve the glow!