Face

Spongilla Clarifying Therapy

Professional Decongesting and Balancing Protocol for Comedonal Acne-Prone Skin.

The protocol combines the properties of Spongilla Powder (a naturally derived powder obtained from the freshwater sponge Spongilla lacustris), mixed with a specialized lotion containing 0.5% salicylic acid and applied as a mask, followed by the application of Azelaic 17%-Mandelic 17% (Ameson Mesopeel). Its aim is to decongest pores, balance excess sebum, and improve the overall appearance of comedonal acne-prone skin.

Action:
Sebum regulation, pore decongestion and improved pore appearance, skin renewal, and smoothing of imperfections and unevenness.

Indications:
Acne-prone skin, excess oiliness, enlarged pores, and uneven skin texture.

Contraindications:
Avoid use in the following cases: Skin with open wounds or sunburn, excessively sensitive skin or impaired wound healing, dermatitis, rosacea or active inflammatory acne, allergy to any of the product ingredients, pregnancy or breastfeeding, isotretinoin use within the past six months; dark skin phototypes, herpes, autoimmune skin diseases, recent use of other aggressive exfoliating treatments or aesthetic procedures, unless the necessary recovery period has elapsed.

Key ingredients:
Spongilla Powder (Hydrolyzed sponge), Salicylic Acid, Azelaic Acid, Mandelic Acid

Recommended applications: Depending on the skin condition and needs
Duration of session: Up to 90 minutes
Repeatability: Once a week

Step 1: Cleansing

Cleanse the face and neck to remove excess oil, impurities, and makeup using Elements Clarifying Cleanser Gel. Then, saturate a cotton pad with Elements Clarifying Active Lotion and apply to the face and neck. ***(Duration: 3 minutes)***

Step 2: Comedone Extraction

At this stage, perform the necessary comedone extraction. Apply steam for 20 minutes. Proceed with opening the comedones and extracting sebum for 10–15 minutes. Then, apply high-frequency currents for 2 minutes, in accordance with the device's instructions for use. ***(Duration: 32-37 minutes)***

Step 3: Preparation

To protect sensitive areas, apply Elements Eye Shine Mask locally around the eyes, lips, nostrils, and any moles. ***(Duration: 1 minute)***

Step 4: Spongilla Mask

Mix 2g of Spongilla Powder (2 level scoops, without overfilling the measuring scoop) with 10ml of Spongilla Prep Lotion until a paste forms. Using a brush, apply the paste evenly over the entire face as a mask and leave it on for 15 minutes. Optionally, gently rub for 30 seconds, provided the skin condition and tolerance allow it. Then, carefully and gently remove with water, avoiding friction. ***(Duration: 20 minutes)***

Step 5: Azelaic 17% - Mandelic 17%

Apply 2ml of Azelaic 17% - Mandelic 17% Ameson Mesopeel locally or over the entire face using a cotton swab. Leave the product on for up to 2 minutes, then gently neutralize with a cotton pad soaked in Ameson Post Peel Lotion. The application time for Azelaic 17% - Mandelic 17% must not exceed 2 minutes. ***(Duration: 5 minutes)***

Step 6: Calming

Apply 1ml of Elements Vitamin B Complex Serum to the entire face and allow it to absorb. Follow with 5ml of Elements Clarifying Active Mask, applied to the entire face and neck. Leave on for 20 minutes, then carefully remove with water. Complete the treatment by gently applying 1ml of Apocalypsis Rejuvenating Gel over the entire face until fully absorbed. ***(Duration: 23 minutes)***

Step 7: Sun protection

Apply 1ml of Sunfilm Face Gel SPF 30 or Face Mineral Fluid SPF 50, depending on the time of the treatment session. ***(Duration: 1 minute)***

	Step	Product	Quantity	Duration
1	**Cleansing**	Clarifying Cleanser Gel	1ml	3 minutes
		Clarifying Active Lotion	1ml	
2	**Comedone Extraction**	-	-	32-37 minutes
3	**Preparation**	Eye Shine Mask	2ml	1 minute
4	**Spongilla Mask**	Spongilla Powder	2g	20 minutes
		Spongilla Prep Lotion	10ml	
5	**Azelaic 17% - Mandelic 17%**	Azelaic 17% - Mandelic 17%	2ml	5 minutes
		Post Peel Lotion	4ml	
6	**Calming**	Vitamin B Complex Serum	1ml	23 minutes
		Clarifying Active Mask	5ml	
		Apocalypsis Rejuvenating Gel	1ml	
7	**Sun protection**	Sunfilm Face Gel SPF 30 or Sunfilm Face Mineral Fluid SPF 50	1ml	1 minute

Home Daily Regimen

The protocol is completed with the following products (both of which must be used, with at least one full package of each) for daily skin care, morning and evening:

Essential Products:



Clarifying Face Foam or Clarifying Cleanser Gel
(morning & evening)



Clarifying Active Lotion
(morning & evening)



Hydra Mattifying Gel
(morning & evening)



Spicule shot Essential or Advanced
(evening use only)



Face Mineral Fluid SPF 50 or Sunfilm Face Gel SPF 30

Recommended Products for personalized complementary care, depending on the skin's needs and following assessment by the skincare professional:



Forte C 12% Serum
(morning & evening)



Hydra Clarifying Serum
(morning & evening)



Green Argile mask
(1–2 times per week)