

ACNE & ACNE SCARS

SURVIVAL GUIDE

for Nigerian Adult Women

How to Finally Clear Your Skin and Fade Those Dark Marks

Your skin story can change. Start here.

www.doohavilahaesthetics.com/shop

THE DAY I GOT TIRED

A Story You Might Know Too Well

My name is Chioma. At 32, with a good job in Abuja, I thought pimples were for teenagers. But there I was, standing in front of the mirror before an important meeting, staring at fresh bumps on my jaw and dark marks that refused to disappear.

The heat, dust, and constant Abuja stress were not helping. I felt frustrated and embarrassed. I had tried everything the market offered. Nothing seemed to work. And the more I tried, the worse it got.

Sound familiar, sister?

If you are battling adult acne and those stubborn dark spots, you are not alone. Many Nigerian women face this every single day.



Did you know? Adult acne affects up to 50% of women over 25.

You are not alone, and your skin can absolutely get better.

WHY ADULT ACNE LOVES US

The Real Reasons Your Skin Keeps Breaking Out



HORMONES

Period cycles, pregnancy, and work stress cause hormone spikes that trigger acne, especially along the jaw and chin.



NIGERIAN WEATHER

Hot sun, Harmattan dryness, and dusty Abuja air block pores quickly. Sweat mixes with oil and bacteria, creating the perfect storm.



MELANIN SKIN

Our melanin-rich skin reacts strongly to any inflammation. A single pimple can leave a dark mark for months without proper care.

The combination of hormones + weather + melanin skin is unique to us.

This is why solutions designed for other skin types often fail Nigerian women.

You need an approach built for YOUR skin.

COMMON MISTAKES WE MAKE

(And How They Make Things Worse)

01

Popping Pimples

Tempting but dangerous. Squeezing pushes bacteria deeper and creates bigger, darker scars that take much longer to heal.

02

Using Harsh Scrubs

Rough scrubs cause micro-tears and irritation. This triggers more inflammation, which leads to more breakouts and PIH.

03

Sleeping with Makeup

Makeup mixed with daily oil, sweat and dust is a recipe for clogged pores and overnight breakouts.

04

Bleaching Creams

Market bleaching creams thin your skin and worsen dark spots over time. They are not a solution. They are a trap.

05

Skipping Sunscreen

"My skin is already dark" is a myth. UV rays darken existing marks dramatically. SPF is non-negotiable for dark skin.

06

Changing Products Too Fast

Switching products every 2 weeks means your skin never settles. Give each product at least 4-6 weeks to show results.

YOUR SIMPLE DAILY ACNE CARE ROUTINE

Clearer skin starts with the RIGHT routine and CONSISTENCY.

MILD ACNE CONTROL KIT

MORNING ROUTINE		EVENING ROUTINE	
	STEP 1 Acanelite Wash Deep cleans pores with Salicylic Acid and helps reduce excess oil, blackheads and acne breakouts. Use morning and evening.		STEP 1 Acanelite Wash Removes dirt, oil and acne-causing impurities accumulated throughout the day.
	STEP 2 Claripore Toner Balances skin pH, removes impurities and helps tighten the appearance of enlarged pores.		STEP 2 Claripore Toner Prepares skin for treatment products while maintaining moisture balance.
	STEP 3 ClarRX Cream Apply a thin layer to acne-prone areas. Helps unclog pores and reduce active breakouts using Salicylic Acid.		STEP 3 ClarRX Cream Targets clogged pores, excess oil production and active acne lesions.
	STEP 4 Fade RX Advanced Apply on alternate nights only (maximum 3 nights weekly). Helps fade acne marks, unclog pores and prevent future breakouts.		STEP 4 Fade RX Advanced Use only on alternate nights. Do not use every night. Maximum 3 nights weekly.
	STEP 5 Ultraveil SPF 50 Protects treated skin from sun damage, pigmentation and worsening acne marks. Never skip this step.		

MODERATE ACNE CONTROL KIT

MORNING ROUTINE		EVENING ROUTINE	
	STEP 1 Purix Wash Powered by Benzoyl Peroxide to reduce acne-causing bacteria, clear pores and control excess oil. Ideal for inflamed acne.		STEP 1 Purix Wash Removes excess oil, bacteria and daily impurities from acne-prone skin.
	STEP 2 Phyto Relief Toner Calms redness, irritation and inflammation while helping restore the skin barrier.		STEP 2 Phyto Relief Toner Soothes skin and prepares it for active treatment products.
	STEP 3 Azeclair Cream Contains 12% Azelaic Acid and Ceramide to reduce acne bacteria, redness, inflammation and pigmentation.		STEP 3 Azeclair Cream Supports acne control, reduces inflammation and improves skin resilience.
	STEP 4 Epifade Cream Helps fade dark acne marks and prevents their return while improving overall skin tone.		STEP 4 Retinex Cream Use 2 to 3 nights weekly initially. Accelerates skin renewal, improves texture, unclogs pores and helps fade acne-related discoloration.
	STEP 5 Ultraveil SPF 50 Essential daily protection to prevent worsening pigmentation and support treatment results.		STEP 5 Epifade Cream Can be applied on nights Retinex is not used to target stubborn acne marks and uneven skin tone.



PRO TIP:

You do not need many products. You need the RIGHT products used CONSISTENTLY.

Cleanser + Treatment + Moisture + SPF

YOUR SIMPLE DAILY ACNE SURVIVAL KITS

KALITA

COSMEDIC

MILD

ACNE

CONTROL KIT

Clear. Calm. Control.

A complete skincare system designed to help you fight mild acne, calm inflammation, fade marks, and protect your skin.

- Fights mild acne and breakouts
- Calms redness and soothes inflammation
- Helps fade dark spots and acne marks
- Protects and strengthens your skin barrier

~~N155,000~~

NOW ONLY

N132,200

Acnelite Wash

Salicylic acid
Glycolic acid
Tea tree

ClarRX cream

Retinol
Vitamin C
Niacinamide

C-light Serum

Vitamin C
Niacinamide
Hyaluronic acid

ULTRAWEIL MINERAL PROTECT SPF 50

Titanium Dioxide
Zinc Oxide
Green tea

GENTLE CARE
POWERFUL
RESULTS

WE DELIVER ANYWHERE IN NIGERIA

Fast. Reliable. Nationwide.

Dermatologically Formulated

Safe & Effective for Acne-Prone Skin

Suitable for All Skin Types

Trusted by Professionals

KALITA

COSMEDIC

MODERATE

ACNE

CONTROL KIT

Clear. Calm. Control.

A complete skincare system designed to help you fight moderate acne, calm inflammation, fade marks, and restore healthy, balanced skin.

- Fights moderate acne and breakouts
- Calms redness and soothes inflammation
- Fades dark spots and acne marks
- Strengthens and protects your skin barrier

~~N175,000~~

NOW ONLY

N163,200

Purix wash

Salicylic acid
Glycolic acid
Tea tree

Phyto-Relief Toner

Salicylic acid
Glycolic acid
Tea tree

Retinex

Retinol
Vitamin C
Niacinamide

AcneClear Biotinogenating FACE CREAM

Retinol
Vitamin C
Niacinamide

Epilade Cream

Salicylic acid
Glycolic acid
Tea tree

ULTRAWEIL MINERAL PROTECT SPF 50

Titanium Dioxide
Zinc Oxide
Green tea

GENTLE CARE
POWERFUL
RESULTS

WE DELIVER ANYWHERE IN NIGERIA

Fast. Reliable. Nationwide.

Dermatologically Formulated

Safe & Effective for Acne-Prone Skin

Suitable for All Skin Types

Trusted by Professionals

Order at www.doohavilahaesthetics.com/shop

Or call 07016202776 or 07031335694

FADING ACNE SCARS

& Dark Spots

AT HOME

- Niacinamide (5–10%) serums help reduce post-acne marks over time
- Tranexamic Acid helps fade stubborn pigmentation and uneven tone
- Kojic Acid supports gradual brightening of acne scars and dark spots
- Alpha Arbutin helps improve visible discoloration without harsh bleaching
- Daily sunscreen prevents acne scars from getting darker and harder to fade

PROFESSIONAL

- Chemical Peels (done correctly)
- Microneedling for deeper scars
- Laser treatments should be performed by professionals experienced with melanin-rich skin
- HydraFacial for glow + clarity
- Bespoke treatment plans at clinic

Consistent routines and barrier-supportive skincare produce better long-term results than aggressive over-treatment

SMALL LIFESTYLE CHANGES THAT HELP

Hydrate

Drink 8+ glasses of water daily. Hydrated skin heals faster and looks healthier.

Balance Sugar Intake

Excess sugar may worsen inflammation and trigger breakouts in some people.

Sleep Well

Skin repairs itself at night. Poor sleep elevates cortisol, causing breakouts.

Manage Stress

Stress hormones are a leading cause of adult acne. Protect your peace.

Clean Pillowcase

Change it twice a week. It collects oil, bacteria, and dead skin cells.



YOUR

30-DAY CHALLENGE

One month. One decision. A completely different skin story.



DAY 1

Take clear “before” photos in natural light. No filters. No makeup. No editing. Start your routine and commit to consistency, not perfection.



WEEK 1-2

Your skin may begin adjusting to active ingredients. Mild purging, dryness, or peeling can happen. Stay consistent. Avoid switching products too quickly.



WEEK 3

Breakouts may begin calming down. Inflammation reduces. Skin texture starts improving. Some acne marks may appear lighter as skin renewal increases.



DAY 30

Take your “after” photos in the same lighting. Compare both side by side honestly. Your skin may not be perfect yet... but progress should be visible.

Chioma started small. Today her skin is clearer and she feels confident.

Your story can change too. The only requirement is that you start.

You deserve clear, glowing skin.

If the pimples and marks feel like too much to handle alone,
we are here. We understand Nigerian skin and we are ready to help you glow.

Start today. Not tomorrow. Today.

CALL OR WHATSAPP US

0701 620 2776 | 0703 133 5694

SHOP SKINCARE PRODUCTS

www.doohavilahaesthetics.com/shop

Follow us on Instagram: @kalita_cosmed | 1320 Aderemi Adesoji, Apo legislative, Abuja, Nigeria

Premium skin solutions designed for YOU.