



*Epionce to the Rescue: Get Relief From Maskne*  
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*(reprinted)*

*The daily use of face masks in public settings to prevent the spread of COVID-19 and its secondary bacterial infections is critically important. About half of the nearly 700,000 fatalities in the 1918 flu pandemic were from secondary bacterial infections. The masks prevent spread of respiratory carrying bacteria and the large droplets carrying the most viral particles. They do not block the medium and small droplets which have less virus but still can infect and kill. Since people may carry*

*the virus for an average of nearly 21 days before they develop symptoms, masks lessen your risk of getting it, but more importantly, protects you from spreading it.*

*Unfortunately, the enclosed area of the mask against our skin creates a microenvironment of warm moisture. This super-hydrates the stratum corneum, separating keratinocytes, dilating pores, disrupting the oil and sweat glands – all of which ultimately disrupt the skin barrier function, resulting in activating local skin inflammation. Additionally, the yeast and bacteria that make up the microbiome then multiply causing infection and releasing proinflammatory molecules that aggravate skin damage. Sweat glands can become clogged, and allergic reactions to the yeasts, bacteria or even mask material can negatively impact the skin. Don't forget the chafing that the mask edges may cause with long-term use. We are seeing these changes manifesting in many ways that people are generally calling "maskne."*

*What can "maskne" be? Any of these conditions individually or collectively:*

- *Folliculitis*
- *Rosacea*
- *Acne*
- *Seborrheic or atopic dermatitis*
- *Chafing irritation*
- *Heat rash*

*How Can Epionce Help?*

*The goal is to normalize the skin by repairing the underlying damage that induces visible skin changes and retrain the skin tissues and cells to keep the skin clean so it can be the best at preventing environmental damage. Below you'll find regimen suggestions to help keep your skin healthy and happy.*

#### *Start With Clean Skin*

*Begin with antimicrobial but not barrier disrupting cleansers which include Lytic Gel Cleanser or for those that are excessively oily, use Purifying Wash. Second, use the appropriate toner, such as Purifying Toner for acne or oily skin, or Balancing Toner for rosacea. Toners help remove traces of dirt, oil, or makeup without stripping the barrier.*

#### *Then Treat and Renew Skin*

*Apply a Lytic treatment product for skin type to clean skin. They clean out the pores, remove excess scaling or rough oily buildups or congested skin, plus provide antimicrobial and anti-inflammatory effects. Follow with Renewal Lite Facial Lotion for synergistic anti-inflammatory effect and repairing and optimizing skin barrier function.*

*I hope you find benefit from these insights. Thank you for your support of Epionce and stay positive – we are all in this together!*