

VENUS APPLIED // PROTOCOL 01

2-MINUTE SKIN BARRIER REPAIR PROTOCOL

THE DIAGNOSIS

Most chronic skin issues (breakouts, redness, extreme dryness) are not caused by "bad skin"—they are caused by an alkaline acid mantle rupture.

CORE PRINCIPLES

RULE 1: THE pH THRESHOLD

Never allow a product with a pH above 5.5 to touch your face. High pH strips lipids and allows pathogen proliferation.

RULE 2: THE MINIMALIST CORE

Stop layering active ingredients. Over-treating destroys the lipid barrier faster than neglect.

RULE 3: THE TEMPERATURE RULE

Never wash your face with hot water. Thermal stress melts protective intercellular lipids instantly, causing rapid trans-epidermal water loss.

RULE 4: ZERO FRICTION

Eliminate mechanical trauma. Never rub your face with cotton bath towels, as they cause micro-tears and transfer

pathogenic bacteria directly into compromised skin. Let your face air dry or pat it gently with a clean disposable tissue.

DAILY EXECUTION

AM ROUTINE	PM ROUTINE
• Water Rinse or pH 5.5 Gentle Cleanser • Barrier Support Moisturizer (Ceramides + Niacinamide < 2%) • Mineral Sunscreen	• pH 5.5 Cleanser (60 Seconds Max) • Barrier Support Moisturizer on damp skin

STATUS: UNLOCKING OPTIMAL ACID MANTLE FUNCTION.

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