

# help: clear skin diary

Name.....

Address.....

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.....

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Telephone/Mobile.....

Email.....

### Notes:

#### How many sachets of help: clear skin do I need to take every day to see a difference?

Each 4g sachet of help: clear skin contains 100mg of Praventin™, half of the recommended daily intake. Therefore we ask you to take **sachets a day** during the trial.

#### Photographs

We ask that you take **at least two photographs**, one at the start and one at week 8, however we would prefer you to take **one a week** throughout the trial. These images need to be a close-up of the face from the same angle each time, they need to be **sharp** and **high resolution** (mobile phone images not recommended).

#### On Completion

Send your completed **skin diary** along with your **photographs** to [myskin@workswithwater.co.uk](mailto:myskin@workswithwater.co.uk)

#### Terms & Conditions

Should you agree to take part in Case Study Trials, or submit your story, supplying before & after images to us, you agree to grant us an exclusive, irrevocable, perpetual license to use them worldwide on the site and on any other Works With Water Nutraceuticals group company website which sells or markets the Products and in our marketing materials and for any other business purposes.




# Skin Diary ~ WEEK 1

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## Welcome to your skin diary

Thank you for agreeing to help us with our study. Here are some points to bear in mind when filling in your diary.

- **Tell us about your skin condition**
- **Your Mood** how are you feeling each day ~ is your glass half full or half empty!
- **Food & Drink** are there some foods or beverages that you know make your skin condition worse ~ & have you been indulging today?
- **Skin Products** are you using anything else for your skin?
- **Medication** are you on any prescribed medication for your skin condition?
- **General Activities** what did you do during the day ~ has it been more stressful than usual?

DAY 1	DAY 2	DAY 3	DAY 4
 Take the first photo of your skin. Make sure it's a close-up.			
Sachets consumed today:	Sachets consumed today:	Sachets consumed today:	Sachets consumed today:

DAY 5	DAY 6	DAY 7
Sachets consumed today:	Sachets consumed today:	Sachets consumed today:




# Skin Diary ~ WEEK 2

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**Don't despair if you haven't seen a quick result, it's only the start of week 2...**

In a clinical trial of Praventin, 44% saw a reduction in blemishes by week 2.

DAY 1		DAY 2		DAY 3		DAY 4	
 Smile for the camera!							
Sachets consumed today:		Sachets consumed today:		Sachets consumed today:		Sachets consumed today:	
DAY 5		DAY 6		DAY 7			
							
Sachets consumed today:		Sachets consumed today:		Sachets consumed today:			


# Skin Diary ~ WEEK 3

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**You are doing well!  
This is what  
Caroline said at the  
end of her trial:**

“I used to spend hours putting on lots of make-up to cover my acne, but since taking **help: clear skin** my skin has improved, I’ve felt far more confident and happy in myself... and am happy to be seen without make-up!”

DAY 1		DAY 2		DAY 3		DAY 4	
 Say Cheese!							
Sachets consumed today:		Sachets consumed today:		Sachets consumed today:		Sachets consumed today:	
DAY 5		DAY 6		DAY 7			
Sachets consumed today:		Sachets consumed today:		Sachets consumed today:			




# Skin Diary ~ WEEK 4

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## Can you see a difference?

In clinical trials of Praventin, 71% saw a reduction in blemishes by week 4.

What changes have you noticed?

DAY 1	DAY 2	DAY 3	DAY 4
 Snap away!			
Sachets consumed today:	Sachets consumed today:	Sachets consumed today:	Sachets consumed today:


DAY 5	DAY 6	DAY 7
Sachets consumed today:	Sachets consumed today:	Sachets consumed today:



# Skin Diary ~ WEEK 5

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**You're half way!**  
Compare this week's photo with week 1


DAY 1	DAY 2	DAY 3	DAY 4
 Can you see a difference?			
Sachets consumed today:	Sachets consumed today:	Sachets consumed today:	Sachets consumed today:

DAY 5	DAY 6	DAY 7
Sachets consumed today:	Sachets consumed today:	Sachets consumed today:



**After week 5 our first case study candidate Caroline said:**

"I'm **thrilled** because this is the first time that any product has worked so **quickly** and **effectively** on my skin. I've stopped getting the **large spots** that you associate with **acne** and I've just been left with some **tiny pimples** and **blackheads** that I hope will **disappear** soon."

DAY 1	DAY 2	DAY 3	DAY 4
 Admit it, you're starting to feel like a model!			
Sachets consumed today:	Sachets consumed today:	Sachets consumed today:	Sachets consumed today:

DAY 5	DAY 6	DAY 7
Sachets consumed today:	Sachets consumed today:	Sachets consumed today:




# Skin Diary ~ WEEK 7

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Only two weeks to go!

DAY 1		DAY 2		DAY 3		DAY 4	
 Yes it's that time again!							
Sachets consumed today:		Sachets consumed today:		Sachets consumed today:		Sachets consumed today:	
DAY 5		DAY 6		DAY 7			
Sachets consumed today:		Sachets consumed today:		Sachets consumed today:			



# Skin Diary ~ WEEK 8

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## Last Week! Now Compare this week's photo with week 1.

What differences can you see?

How has your skin improved?

During the past eight weeks do you think any new outbreaks have healed quicker than before you started the trial?

How are you feeling in yourself? Has your confidence improved? Have people commented on your skin?

In clinical trials of Praventin 95% saw a reduction in skin blemishes by week 8.

DAY 1	DAY 2	DAY 3	DAY 4
Looking good!			
Sachets consumed today:	Sachets consumed today:	Sachets consumed today:	Sachets consumed today:

DAY 5	DAY 6	DAY 7
		One last photo...
Sachets consumed today:	Sachets consumed today:	Sachets consumed today:



## Additional Notes:

