

THE CLEAR SKIN BLUEPRINT
FOR AFRICAN WOMEN & MEN

The Sebum Signal Rebalance™ *Method*

A SIMPLE 21-DAY RITUAL TO BALANCE OIL,
REDUCE BREAKOUTS & SUPPORT
CLEAR, CONFIDENT SKIN



SEBUM
BALANCE



REDUCE
BREAKOUTS



SKIN-SUPPORT
FOODS



21-DAY
PLAN

SIMPLE. NATURAL. SUSTAINABLE.

Real support for real skin.

INCLUDES
BONUS
MEAL PLAN,
GROCERY LIST,
RECIPES, TRACKER
& MORE

By Aunti Abbey

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INTRODUCTION

A Note Before You Begin

Sis, thank you for downloading this guide.

If you're here,

You're probably tired of new breakouts,

Trying product after product,

And wondering why nothing seems to work. I get it.

This guide isn't about expensive products or complicated skincare.

It's about helping you understand what your skin

Has been trying to tell you all along

With simple explanations and easy habits that actually make sense.

A Small Discovery I Wish I Knew Earlier

Here's something I wish I had learned sooner

: your skin is not your enemy.

Think of acne like your car's fuel light.

The light isn't the problem

it's a signal that something needs attention.

In the same way, your skin may be trying to tell you that something is out of balance,

not trying to work against you.

Once I understood that, everything changed. I hope it changes things for you too.

How to Use This Guide

Take your time with each chapter, sis.

Don't try to change everything at once.

Small, consistent habits will always beat quick fixes.

If you can, take a photo of your skin before you start and another one after a couple of weeks.

You'll be surprised by the little changes you might miss day to day.

Most importantly,

be patient with yourself.

Clear, healthy skin is a journey—not an overnight transformation.

Now, let's get started.

CHAPTER 1

WHY NOTHING YOU'VE USED SEEMS TO WORK

Sis,

Have you ever bought a product because someone said, *"It cleared my acne in one week"*?

At first, your skin looks better.

Then, a few weeks later... the breakouts return.

So you buy another product, and the cycle starts all over again.

If that sounds familiar, you're not alone.

The problem isn't that your skin can't improve.

It's that you've probably been treating the **breakout** instead of understanding **why it keeps happening**.

The Mistake Most People Make

Here's the thing, Sis:

acne isn't always the real problem—it can be a signal.

Most skincare products focus on making pimples disappear, but they don't always address what's causing them.

That's why acne, oily skin, and dark spots often keep coming back.

Listen to Your Skin

Think of a pimple as a message,

not the whole story.

By learning to understand your skin's signals instead of fighting them,

you'll stop guessing and start making choices that truly support your skin.

In the next chapter, we'll talk about **Sebum**

The natural oil your skin makes—and why understanding it can change the way you look at acne forever.

CHAPTER 2

THE DISCOVERY: THE SEBUM SIGNAL™

What Is Sebum?

"Sebum" is simply the natural oil your skin makes.

That's all.

It is not bad... It is not dirty.

It is not something your body created by mistake.

Your skin makes sebum every single day.

Tiny glands under your skin produce it naturally.

Think of sebum like body lotion made by your own skin.

Its job is to:

- ★ Keep your skin soft.
- ★ Stop your skin from drying out.
- ★ Protect your skin from outside damage.

Without sebum...

Your skin would become dry, cracked, and uncomfortable.

So the goal is **not to remove all your oil.**

The goal is to have **the right amount.**

Why Your Skin Produces Oil in the First Place

Imagine cooking rice. If there is no water...

The rice burns.

But if you pour too much water...

The rice becomes soggy.

Your skin works in a similar way.

Too little oil...

Your skin becomes dry.

Too much oil...

Your pores can become clogged.

Your body is always trying to find balance.

Sometimes, your skin produces extra oil because it thinks it needs more protection.

This doesn't mean you have done anything wrong.

It simply means your skin is responding to something.

The Hidden Relationship Between Oil and Breakouts

Oil itself does not cause acne blocked pores.

When excess oil mixes with dead skin cells and dirt, it can clog pores.

Blocked pores create the perfect place for bacteria to grow.

Your skin reacts to the bacteria, leading to pimples and breakouts

Healthy skin naturally needs oil to stay soft and protected.

The goal is to keep oil balanced, not remove it completely.

Understanding The Sebum Signal™ Theory

Now let me introduce the idea that this entire guide is built on.

I call it **The Sebum Signal™**.

It is the simple idea that your skin uses oil as an early warning sign.

Instead of seeing oil as the enemy, think of it as a message that something is changing.

Extra shine, small bumps, or repeated breakouts are often signals that appear before a pimple forms.

By noticing these early signs and supporting your skin sooner,

you can help prevent breakouts from becoming worse. That's the foundation of the Sebum Signal™ Method.

When you understand your skin's signals...

You can begin supporting your skin before a breakout becomes worse.

That changes everything.

In the next chapter, you'll learn the heart of this guide:

You'll discover the simple daily system that supports your skin from both the inside and the outside—without a complicated 10-step routine or expensive products.

CHAPTER 3

THE SEBUM SIGNAL REBALANCE™ METHOD

Now that you understand what sebum is and why your skin produces it...

The next question is: **"So what do I actually do?"**

This chapter is the answer.

The **Sebum Signal Rebalance™ Method** is not another complicated skincare routine.

The Core Protocol

Think of your skin like a small plant.

If you forget to water it...

It suffers.

If you pour too much water...

It also suffers.

The secret is balance.

Your skin works the same way.

The Sebum Signal Rebalance™ Method has **three simple parts**.

- ✓ Support your skin from the inside.
- ✓ Support your skin from the outside.
- ✓ Stay consistent.

That's it.

Internal Support

Healthy skin starts inside your body.

This doesn't mean you need a strict diet.

It simply means giving your body better support.

In this guide our approach to defeating acne and regaining our glow is Tea.

Tea? YES! Tea!

We regulate our oil production with Tea infused with herbs packed with vitamins and nutrients that does the job.

Our Major prescription for this Guide is ;

The Spearmint Tea

The game changer s in this guide is **spearmint tea**.

This tea contains many benefits that helps regulate, calm the system and well as the skin. It helps reduce testosterone (androgen) levels in women, which is the major cause of hormonal acne,excess facial hair, and oily skin. It is rich in antioxidants and helps women with PMOS and reduce hormonal acne.

One cup a day is enough.

We'll show you how to prepare it in Chapter 4.

External Support

Now let's talk about the outside.

Many people believe stronger products mean better results.

Not always. Sometimes...

The more products you use...

The more confused your skin becomes.

The Sebum Mask

This mask contains different seeds and herbal ingredients and gives solutions to many beyond doubts. These selected seeds nutrients have proven to target and help soothe and calm your face.

Don't scrub your face hard..

The Simple Rhythm

Sis, clear skin isn't about doing one big thing

It's about staying consistent. Just like brushing your teeth every day,

The little habits you repeat daily are what create lasting results.

Trust the process.

Your Daily Sebum Signal Rebalance™ Rhythm

Morning

- ✓ Drink water.
- ✓ Wash your face gently.
- ✓ Eat a balanced breakfast.

Evening

- ✓ Wash your face.
- ✓ Drink your spearmint tea
- ✓ Sleep early if you can.

That's it. Simple. Easy to Remember. Easy to Follow.

CHAPTER 4

One thing I promised myself is not to make this too much of a routine. Most people don't struggle because routines are impossible, they struggle because routines become too much.

OUR GAME CHANGER IS **THE SPEARMINT TEA**

✓ Spearmint Tea

This is the core of the internal support routine.

Preparing Spearmint Tea

Making spearmint tea is very easy.

You Need:

- ★ 1 teaspoon of dried spearmint leaves (or 1 tea bag)
- ★ 1 cup of hot water

How To Prepare

1. Boil water.
2. Pour it into a cup.
3. Add the spearmint tea.
4. Cover the cup.
5. Leave it for about **5–10 minutes**.
6. Remove the leaves or tea bag.
7. Drink while warm.

You can drink **one cup a day** for a start. Preferably morning 10 minutes after breakfast or 20 minutes after dinner.

That's all.... no blender, no overnight preparation, nothing too serious, just a simple addition into what's existing and it changes everything.

The Sebum Calm Mask™

Sometimes your skin simply needs a little extra care.

This simple mask can leave your skin feeling fresh and clean.

Ingredients

- ★ Honey
- ★ Blackseed oil
- ★ Flaxseed powder
- ★ Neem powder
- ★ Rosewater

How To Make It

Mix all ingredients in a bowl , mix well till it turns smooth paste,
Apply a thin layer to clean skin.

Leave it on for **10 minutes**.

Rinse gently with cool water.

Pat your face dry.

Use **twice a week**.

Note: Do a small patch test on your arm before using it on your face. Stop using it if you notice irritation. But I am sure there won't be any.

The Sebum Routine

Now let's put everything together.

Just follow this simple routine.

Morning Routine

- ☐ Wash your face with a gentle cleanser.

- ☐ Apply moisturizer.
- ☐ Apply sunscreen.
- ☐ Eat breakfast.
- ☐ Drink a glass of water and of course your Spearmint Tea.

During The Day

- ☐ Drink water regularly.
- ☐ Avoid touching your face too much.
- ☐ Gently blot excess oil with clean tissue if needed instead of washing your face many times.

Night Routine

- ☐ Wash your face gently.
- ☐ Apply moisturizer.
- ☐ Drink your spearmint tea, it's part of your routine.
- ☐ Get enough sleep.

Twice Every Week

- ☐ Use the Sebum Calm Mask™.

That's all.... Simple, No Stress.

Also,

Water helps your body stay hydrated.

Aim for about **6–8 glasses** a day, depending on your needs and activity level.

If you forget... Carry a water bottle with you.

CHAPTER 5

THE SKIN-SIGNAL FOOD LIST

You don't need expensive "superfoods" from another country to support your skin.

Many of the foods that help your body are already in your kitchen or your local market.

The goal is not to eat perfectly.

The goal is to eat **better, more often**.

Think of food as fuel.

When you put good fuel into a car, it runs better.

Your body works the same way.

The food you eat every day can affect how your body—and your skin—feel.

Let's keep it simple.

Simple Foods To Keep Around

Here are some everyday foods that are easy to find in Nigerian markets and supermarkets.

Eggs

Eggs are a good source of protein. Protein helps your body repair itself.

You can boil them, scramble them, or make an omelette with vegetables.

Fish

Fish is a healthy source of protein and contains healthy fats.

Try:

- ★ Titus
- ★ Mackerel
- ★ Sardines
- ★ Catfish

Beans

Beans keep you full and provide fibre.

Your stomach and your skin both benefit from healthy digestion.

Green Vegetables

Fill your plate with vegetables almost every meal

Good choices include:

- ★ Spinach
- ★ Lettuce
- ★ Cabbages
- ★ These leaves are whichever you recognize according to your region (Pumpkin leave/Ugwu, Waterleaf, Alefu leaves, Kontomire, Sweet potato leaves)

They are packed with vitamins your body needs.

Fruits

Try to eat at least one fruit every day.

Examples:

- ★ Orange
- ★ Pawpaw
- ★ Watermelon
- ★ Apple
- ★ Banana
- ★ Pineapple

Nuts

Groundnuts can be a healthy snack when eaten in small amounts.

Remember: Too much of anything isn't good.

Moderation is key.

Sweet Potatoes

Sweet potatoes are filling and make a great alternative to highly processed snacks.

They are easy to prepare and taste great.

Water

Sometimes the simplest thing is the most important.

Drink water throughout the day.

Don't wait until you're very thirsty.

Keeping a bottle nearby can help you remember.

A Simple Plate Guide

Just remember this easy rule.

Try to fill your plate with:

Half vegetables

One-quarter protein

One-quarter carbohydrates like rice, yam, potatoes, or swallow.

You don't have to get it perfect every meal.

Just aim for balance..... You don't have to give up your favourite food.

CHAPTER 6

HIDDEN HABITS THAT KEEP ACNE RECURRING

Have you ever thought,

"I'm eating better now. I'm using the right skincare. So why am I still getting pimples?"

You're not alone.

Sometimes, it isn't your cleanser.

It isn't your moisturizer.

It isn't even your food.

Sometimes, it's the small things you do every day without thinking.

These little habits can quietly keep your skin stressed.

The good news?

Most of them are easy to change.

Things That Quietly Affect Your Skin

Touching Your Face Too Much

Sis, your hands touch everything all day.

Touching your face too often can transfer dirt and bacteria to your skin.

Try to keep your hands off your face unless you're washing it or doing your skincare.

Picking Pimples

I know it's tempting, but picking pimples often leads to more inflammation and darker spots. Let your skin heal on its own whenever you can.

Dirty Pillowcases

Your pillow collects oil, sweat, and dirt while you sleep.

Changing your pillowcase every few days is a small habit that can make a big difference.

Using Too Many Products

More isn't always better. A simple, consistent routine is usually kinder to your skin.

Give your products time to work.

Poor Sleep

Your skin repairs itself while you sleep. Try your best to get enough rest—your skin will thank you.

What To Track (Without Obsessing)

Observe your skin once a week.

That's enough.

You're looking for progress. Not perfection.

Oil Levels

Ask yourself:

- ★ Is my face becoming oily as quickly as before?
- ★ Does my skin feel more balanced?

New Breakout Frequency

Don't ask, *"Do I still have acne?"*

Instead ask,

"Am I getting fewer new pimples than before?"

Maybe last month you had new pimples every week.

Now maybe they appear less often.

That is progress.

Post-Breakout Marks

Dark marks usually fade more slowly than pimples.

Be patient.

Ask yourself:

- ★ Are the marks getting lighter?
- ★ Am I getting fewer new marks because I'm not picking my skin?

Remember...

Stopping new breakouts also means fewer new dark spots in the future.

CHAPTER 7

COMMON QUESTIONS

By now, you may still have a few questions.

That's completely normal.

Let's answer the ones people ask most often.

Can Men and Teenagers Use This?

Yes, sis! Acne doesn't only affect women.

Men and teenagers can also benefit from this guide because everyone's skin produces oil and can experience breakouts.

Will Results Be Instant?

Not at all—and that's okay. Every skin is different.

Some people notice changes within a few weeks, while others need more time.

Focus on progress, not perfection.

Can I Keep Using My Current Skincare?

Yes. If your routine is gentle and works for your skin,

keep using it. Just avoid adding new products all the time.

Simple and consistent is best.

What If I Miss a Day?

Don't stress! One missed day won't ruin your progress. Just pick up where you left off and keep going.

What If I Still Get a Pimple?

Don't panic. One breakout doesn't mean the routine isn't working. Stay consistent, avoid picking at it, and give your skin time to heal.

How Will I Know It's Working?

Look for small wins, sis. Your skin may feel less oily, new pimples may appear less often, dark spots may slowly fade, and your skin may feel calmer. Those little changes are signs you're on the right track.

Where Can I get the Spearmint Tea ?

You can get a pack of Spearmint tea in any Mall or Super Mart close to you.