

ACNE

ORIGINS & TREATMENTS



Nearly 85% of people will have acne at least once in their lives. No matter how old you are or how long you've suffered from breakouts, the causes and remedies for acne remain the same.

Causes Of Acne

Acne is caused by a skin oil called sebum. Healthy skin has just the right amount of sebum, but certain factors can cause extra sebum to be secreted. The excess sebum can clog pores and trap bacteria inside, causing them to swell and redden, leading to acne.

What causes extra sebum oil production?

- Stress
- Diets high in refined sugars and dairy
- Hormones, like during puberty
- Medications, like birth control
- Genetics



MASKNE During COVID, we observed countless cases of “maskne” – acne caused by wearing a dirty face mask. When a mask is used more than once, oils build up on it. When these are held against the skin for long periods of time, they can cause severe breakouts. Don't reuse your mask without washing it first – always wear a clean face mask!

Treatments

Beta-Hydroxy Acids (BHAs)

BHAs, such as salicylic acid, are great at permeating pores and dissolving excess sebum and skin oils, reducing inflammation and irritation.

Alpha-Hydroxy Acids (AHAs)

AHAs, including citric and glycolic acids, are more strongly exfoliating than BHAs. They dissolve dead skin cells that can clog pores and cause bacteria to grow inside.

Antioxidants and Vitamins

Antioxidants and vitamins promote skin health, protecting it from environmental damage and irritation. They minimize the effects of unwanted bacteria, chemicals and microbes.