

Acne Management

Do not wash affected areas of skin more than twice a day. Frequent washing can irritate the skin and make symptoms worse.

Wash the affected area with a cosmeceutical cleanser and lukewarm water.

Dry your face with kitchen roll or disposable paper towels.

Do not try to "clean out" blackheads or squeeze spots. This can make them worse and cause permanent scarring.

Avoid using too much make-up. Use mineral or organic products that are described as non-comedogenic. This means the product is less likely to block the pores in your skin.

Completely remove make-up before going to bed always double cleanse! Once to remove makeup or pollutants from the day and one to deep clean. Always use a cosmeceutical moisturiser.

Regular exercise may not improve your acne, but it can boost your mood and improve your self-esteem. Shower as soon as possible once you finish exercising as sweat can irritate your acne or get stuck in blocked pores.

Wash your hair regularly and try to avoid letting your hair fall across your face using organic shampoo and conditioner as some shampoo and conditioners can make acne worse.

Unless you use a natural Shampoo and Conditioner, always wash your face last to remove any of the chemicals from them off your face and body.

