



ACNE - Things to Consider

Acne comes in different types and stages. The type and stage differs from person to person so there isn't a "one size fits all" treatment plan. Consider booking a complimentary consultation with a professional esthetician who specializes in acne to get a customized treatment plan. You need to learn how to manage your skin and breakouts, as there isn't always a "cure" for everyone. As trained professionals, we know when we need to refer to a doctor, however, you should not try and treat your acne alone. If you are currently under a doctors care for a condition that requires you to take medications, please consult with them before trying these things.

1. **Professional Treatments:** Dedication to professional treatments 2x/month is recommended. Treatments to include peels and acne treatments followed by Blue Light Therapy until clear. After that, once a month for maintenance.
2. **Professional Products:** Stop using any OTC or prescribed medication when receiving professional treatments. Professional product recommendation will be given and should be absolutely adhered to, to get clear. Missing one step could cause a breakout or skin sensitivity! Products could need adjusting the first couple weeks while we find the best "cocktail" for your skin. If you have any abnormal reaction, speak up! Seasonal rotation of skin care products may be necessary.
3. **NO POPPING OR PICKING!** Please refrain from popping or picking your pimples. Your body can heal them, you just need to be patient. If you can't handle it- please give us a call and come in for a 15 min. high frequency.
4. **Food:**
 - In order to be clear, your eating must be clean! Eat organic meats, lots of fruits/veggies and avoid high glycemic foods whenever possible. Carbs are OK, just need to choose the right ones: whole grains like quinoa, farro, oats and barley are great options.
 - Avoid acne triggers like sugar, milk, high fat cheeses like cheddar and swiss (mozzarella and soft cheeses like feta are fine), caffeine (tea is better than coffee), alcohol (especially sugary ones), iodized salt (Himalayan sea salt is OK), trans fat, hydrogenated oils (peanut and vegetable oil), sulfites, nitrates and soy.
 - Food Allergies or sensitivities: most common food allergies associated with inflammation in the skin are milk, eggs, peanuts, shellfish and gluten.
 - Drink water - lots of it! Warm or room temperature is best for absorption.
 - **EAT MORE:** Omega 3's & 6's, Vitamin A/betacarotene rich foods, Vitamin C/antioxidants, magnesium (take with calcium), prostaglandins, zinc, turmeric, garlic and probiotics.
4. **Hormones:** Food can fluctuate hormones very easily, especially if you have an allergy or sensitivity to it. Eating excess inorganic meat/dairy, soy and foods high in trans fats can spike insulin production that disrupts the hormones that regulate oil and sebum production. This causes more oil and more sebum to build up in the clogged pores which is the perfect breeding ground for bacteria.
5. **Smoking:** Smoking is terrible for the skin and can cause lots of problems, including acne. If you smoke, consider vaporizing but quitting altogether is best.
6. **Exercise:** Daily exercise is great for detoxing the skin, but if you are dehydrated, the skin cannot properly detox and blood moves slower, resulting in slow healing time and increased inflammation. As a reminder: always wash your skin immediately after working out to remove all impurities from the surface.
7. **Dirty Things:** Don't let dirty hands, pillow cases, phones, headphones, headbands, makeup brushes and hair all should be clean when touching the skin. Use a gentle soap and detergent that is free of any fragrance.
8. **Shower:** When you shower, wash your hair, then face then body (in that order) to ensure you are not letting hair/makeup products sit on the skin for long periods of time. This causes clogged pores and breakouts on the face and body.
9. **Ice:** Skin care products cannot properly penetrate pores if there is a bunch of inflammation. Use a clean icepack and ice inflammation for 30 seconds at a time, lightly massaging in circular motions as you go. Repeat 3 times over inflamed area.
10. **Stress/Sleep:** Stress and lack of sleep doesn't allow your body time to repair itself. Daily meditation, yoga or exercise are great for reducing stress and can help your body get a good night sleep.
11. **MAKEUP!!!** One of the biggest culprits of clogged pores!!! You need to use mineral makeup and not just any mineral will do. Avoid makeups that contain ingredients like bismuth oxychloride, talc, parabens, cornstarch, fragrance or mineral oil which can cause skin irritations. Never use a sponge, powder puff, or wedge to apply makeup. You can use 2x2 esthetic wipes or if you use brushes, make sure to wash them at least once a week! Favorite non-pore clogging makeup lines are Jane Iredale or Priia Cosmetics.