



— Ways To Avoid — **Acne From Worsening**



Remove your makeup thoroughly before going to bed



Consider water-based makeup and skincare products



Avoid washing your face several times a day to prevent irritation and dryness

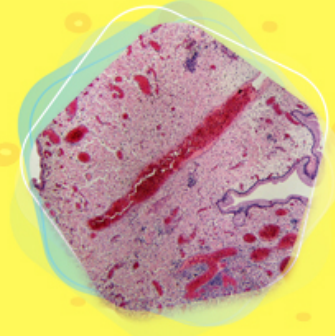


Cleanse your hair regularly and avoid letting dirty hair touch your face

Consider eating omega-3-rich foods



Avoid consuming exogenous hormone-induced animal products and foods that may cause inflammation



Consult your doctor on the type of probiotics you may need



Use a non-comedogenic moisturizer when required



Reference :

1. Acne; Better Health Channel
2. Acne; Whole Health Library, U.S. Department of Veterans Affairs