

Skincare & Lifestyle

Practices For Acne-Prone Skin

Eat a well-balanced diet, maintain a healthy lifestyle, and drink adequate water.



Wash your face twice a day with a gentle soap-free cleanser.

Shampoo regularly, especially if you have an oily scalp.



Shampoo regularly, especially if you have an oily scalp.

Use moisturizers and washes infused with 2% or less salicylic acid.



Apply moisturizers with lower concentrations of benzoyl peroxide.



Use water-based makeup products to prevent clogging the pores.

Remove all makeup before going to bed.



Protect your skin from harsh sunrays with a broad-spectrum mineral-based sunscreen.

Avoid popping pimples to prevent pus from penetrating deeper into the skin.



Refrain from wearing tight-fitting clothes if you have body acne.

References

1. Acne; Healthdirect Australia
2. Acne; State Of Victoria
3. Acne; U.S. Department Of Veterans Affairs
4. Skin Care For Acne-Prone Skin; NIH