

# Balanced Skin Care Center

SPECIALIZING IN SOLUTIONS FOR ACNE, AGING SKIN, REJUVENATION & PIGMENTATION

## 14 Aggravating Factors that make Acne Worse

Acne is a disease. You can't cure acne, but you can control it. Balanced Skin Care Center has a unique blend of products to gradually get your breakouts under control.

As many breakouts you may have on the surface of your skin, you have that many or more underneath the surface of your skin. It takes three to six months for a micro comedone to develop under the skin before it comes out on the surface of the skin. So plan on about three months to get your skin under control.



1. Stress: Positive or negative stress, stress activates the adrenal gland to produce extra hormones. Women produce more of their male hormones in their adrenal gland.
2. Lack of sleep: Causes stress on the body. You need at least 7-8 hours of consistent sleep.
3. Diet: Diet doesn't cause acne problems. It's the ingredients in the diet that aggravate acne. Avoid iodines and iodides in the diet. Avoid sea salt, seafood, junk food, processed food and dairy.
4. Menstrual Cycle: The 18th day of a woman's cycle or 10 days before menstruation causes flare ups. Progesterone surge causes flare up.
5. Make Up / Acne Cosmetic: One out of every three women can expect to be affected by a substance that has comedogenic ingredients. It can be in foundations, powders, blushers, cover-up, moisturizers, sunscreens, acne medications. This can cause the formation of comedones. They are slightly elevated small whiteheads, appearing on the face.
6. Sunlight: UV light can damage the skin and can be an aggravating factor. The sun's UV rays reach down in the collagen layers and begin breaking down the skin.
7. Seasons: Acne flares up in the autumn. Because testosterone levels are higher in October and lower in May.
8. Pressure and Friction: Manipulation or rubbing the skin will make acne worse.
9. Picking: Can promote scarring by driving inflammation deeper. It can aggravate other follicles.
10. Industrial chemicals and oils. Working around chemicals.
11. Drugs: Topical steroid creams, or steroid taken orally. Testosterone injections. Body building products. Other prescription drugs. And of course all illegal drugs.
12. Pregnancy: Flare-ups occur during the first trimester. During the second and third trimester the body is flooded with extra estrogen, which reduces sebum flow and lasts up to 90 days after the baby is born.
13. Birth Control: Usually the male dominant pill will worsen acne. The female dominant pill will usually clear up blemishes. There are no rules with birth control pills. The Depo-Provera birth control injection will make you break out if you are acne prone.
14. Climate: Acne will get worse in hot humid climates. The stratum corneum swells tremendously under humid conditions.