

Staying Clear

A Guide to Lifestyle Issues for the Acne Prone

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. Sleep no less than seven to eight hours every night on a consistent basis. Night shift employment, lack of adequate sleep, and broken sleep cause dark under-eye circles and severe physical stress, making it extremely difficult to clear acne.
2. Wash your clothes in Cheer Free Liquid, All Free & Clear or Tide Free detergent. Avoid fabric softeners, especially the sheets used in the dryer, including Bounce, Snuggle, Cling Free, etc. Don't crowd laundry in the machine. If possible, put clothes through an extra rinse cycle and don't forget to rewash any clothing, bedding, towels, etc. that may have been washed in the wrong detergent and / or fabric softener, or simply not rinsed adequately.
3. Avoid iodides in the diet including salty snacks, fast foods, processed foods, excessive dairy, especially cheese (Yes! cows lick blocks of salt all day long; cheese and calves' liver contain high levels of dietary iodides.), iodized salt, soy sauce, MSG, seaweed, kelp and cold medicines and vitamin supplements containing iodine and kelp. Hormon-laden foods like wheat germ and peanut products should be avoided.
4. Get regular clinical treatments. Find an Esthetician in your area. Herbal Enzyme Peel with steam and extraction, Glycolic Acid 30% or 40% Peels. In addition to cleansing clogged pores, these procedures exfoliate the uppermost epidermal layers, making the skin more "bioavailable" for better penetration of Balanced Skin Care Center's complete line of home care, including benzoyl peroxide (BPO) and sulfur acne medications, glycolic acid exfoliants, new Balanced Skin Care Center Glycolic with Salicylic Acid (with 10% glycolic acid and 2% salicylic acid), and skin lighteners.
5. Do not attempt to rub or scrub off dead skin cells. Don't use a washcloth or buffing pad. Try a super-soft "skin shammy" instead. Over scrubbing causes excessive exfoliation which allows acne medication and glycolic acid products (including skin lighteners) to "over penetrate" into irritated skin, causing products to sting excessively. Instead of rubbing, apply a thick coat of Balanced Skin Care Center Cooling Sulfur Mask in the morning after cleaning (not scrubbing!) with the Balanced Skin Care Center cleaner suited to your skin type. Allow the mask to dry for 10 to 12 minutes, then shower the mask off using a gentle circular motion with your fingertips or a clean skin shammy under a stream of warm, never hot, water.
6. Eliminate unnecessary sun exposure and apply a non-comedic full-spectrum moisturizing sunscreen such as Balanced Skin Care Center Oil-Free Moisturizing Sunscreen SPF 30, thirty minutes before sun exposure. Don't let yourself be fooled by overcast days. Reapply hourly when exposed to any direct sun to prevent sunburn, sun damage, skin cancer and pigmentation problems caused by acne lesions.
7. Be consistent in your home care routine. Skipping home treatment (Balanced Skin Care Center BPO Medicated Acne Wash, BPO Gels and their complete line of Glycolic Acid Gels, Skin Lighteners and new Glycolic Acid Gel with 2% Salicylic Acid) is skin care "suicide" for acne sufferers. Failure to apply your home treatment for too many days in a row can cause new "microcomedones" (the microscopic beginning of acne caused by build-up of sebum and dead skin cells) to form deep in the pores causing new breakouts, blackheads and clogged pores later.
8. Drink six to eight glasses of water each and every day. Drink an extra glass for every cup of coffee, black tea or alcoholic beverage.
9. Stop picking! Get acrylic nails, filing them square and blunt. Then, leave "stop picking" notes on all mirrors in your home, on portable mirrors at work, in your desk, car, purse, attache case or locker.
10. Reduce you stress by doing whatever it takes! Stress is the #1 acne aggravator of them all.
11. Makeup; Acne Cosmetic: One out of every three women can expect to be effected by comedogenic ingredients. They can be in foundations, powders, blushers, cover-up, moisturizers, sunscreens, acne medications. This can casue the formation of comedones. They are slightly elevated small whiteheads, appearing on the face. Be sure to use foundation, cover-ups, powders and blushers that are non-comedogenic.
12. Get product and supplement refills before you run out and stock up before you go on vacation. Don't stop using your entire program because you have run out of one or two products.
13. Rub ice on inflamed lesions every day for two to five minutes. This helps reduce inflammation dramatically. Fill two Styrofoam cups with water and freeze. Holding one frozen cup in each hand, rub the "domed-up" ice in a circular motion over the entire affected area. Anyone with severe inflammation should ice their acne at least twice daily.
14. Try iodine-free supplements such as 60 mg zinc piolate twice a day to help reduce inflammation and speed healing, a potent B-complex to help fight stress, and an iodine-and kelp-free multi-vitamin. Always take with food.
15. Keep all hair products off your face.

Susan is a Certified Master Esthetician Specialist. She specializes in acne, aging skin, rejuvenation and pigmentation.

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