

FEELING GOOD IN MY SKIN

2- How to limit and treat my acne ?

Acne has biological causes, but external factors can worsen it. Such as traumas causing lesions, sun exposure, similarly the use of the bad products. However a well treated acne decreases the risk of having irreversible skin damages, such as dark spots or scars.

I'm breaking down some false ideas...

An increase of sebum production and its accumulation is responsible for acne, It clogged the pores and leads to the appearance of spots. My acne is not due to dirt, lack of hygiene or sexual activity.

To limit my acne, I must learn the good habits

I wash :

- I wash my face, preferably with lukewarm water, because heat opens the pores which makes it easier to take the impurity out.
- I only use water and a synthetic detergent or a mild soap I ask a pharmacist for advice.
- I do not use soap of unknown composition, such as mixed soaps, neither "miracle" acne products sold in the market, or disinfectants.

I repair :

- I only use products recommended by my doctor or pharmacist to treat my acne.
- I do not treat my skin with a mixture of substances (toothpaste, honey, milk, ash, palm oil...), neither with a homemade soap or cream because they can worsen my acne.
- I'm wary of "natural" products sold in supermarket or cosmetic stores (with aloe, lemon, carrots etc.) because every skin can react differently to a product and may end up not tolerating it. I always ask for advice to a doctor, dermatologist or pharmacist.
- I avoid facial and scrubs especially when they are not done by a recognized professional.

I protect :

- I protect my skin from the sun to prevent reoccurrence of my acne.
- I make sure that my hair products don't touch my skin, because they can clog the pores.
- I choose my make-up well, because some may clog the pores. I check for the " non-comedogenic" mention (does not cause blackhead) and I ask a pharmacist for advice.
- I eat healthy balanced diet and limit sugar and greasy food.

When I have acne



- I do not burst my spots I risk infecting them and making them worse, along with the risk of keeping a visible pigmented scars.
- I do not expose myself to the sun. If the sun dries my skin and decrease the spots, its only temporary, the sun rays worsens acne.
- I do not trust the miracle treatments offered by people who are not medical professionals. There isn't any proven evidence of their efficacy and most of them worsen acne.
- I only use medicine provided by a doctor.
- I do not use my friend treatment, because every type of acne has its own unique characteristics. do not smoke, and I avoid stressful situation, because they can increase acne.

Black spots are not a fatality

On dark skin, inflammatory reactions, such as **those from** acne spots, tend to leave black spots that last a life time. What I do when I have acne can limit or worsen the black spots. So, It's the way I treat my acne, by using the good practices and behavior that will prevent the persistence of black spots all my life

Be careful with harmful products

Some products clog the pores and lead to acne, while people who use them believe they're fighting against their acne !

They lead or worsen acne :

- Bleaching products : They bleach and whiten the skin.
- Ointments used on the hair when it touches the scalp.
- Mixed soaps and preparations sold on the market, whose composition is unknown.

Three Advices

- I avoid products sold outside pharmacies, and I avoid depigmenting products..
- I protect my acne from the sun with sunscreen, because the sun promotes the evolution of the scars towards black spots.



I say no to products sold Outside of pharmacies



I protect myself from the sun



Key Advice :

If the spots persists go to a doctor or if possible, to a dermatologist.

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