

## Good skincare can:

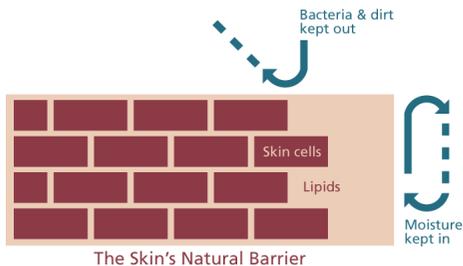
1. Improve the appearance and health of your skin.
2. Help your skin tolerate the dryness and irritation that are often side effects of many acne treatments and feel more comfortable.

### # 1 Don't scrub your skin

Driven by the myth that acne is caused by dirt – or determined to quickly unclog the pores and get rid of excess oil – people use harsh cleansers, scrub the skin and wash too often. The result is dry, red, irritated skin and sometimes a worsening of acne... Why?

#### The skin is a protective barrier

The outer layer of our skin forms a natural barrier that keeps out bacteria and dirt and retains moisture. This protective band of skin is made up of fatty substances called lipids which keep the skin moisturized, and skin cells.



- Lipids can be easily removed by soaps or strong cleansers, scrubbing and over-washing.

Stripping the outer layer of skin of lipids weakens this protective barrier. The skin's immune system is triggered in response to this 'injury', causing redness and irritation.

### # 2 Choose products for acne-prone skin

Look for products that are:

- Non-comedogenic—will not clog the pores
- Oil-free and free of petrolatum.
- Fragrance-free. Fragrance is a common irritant.



### # 3 Cleanse no more than twice a day

Cleansers remove excess oil, dirt, sweat and dead skin cells from the skin.



– and will minimize irritation.

Cleanse the skin no more than twice a day. Use gentle cleansers, warm water and rinse the skin after cleansing. Pat dry gently after washing the face. This is all that is required to clean the skin properly

### # 4 Use soap-free cleansers

Traditional alkaline bar soaps alter the natural pH level of the skin. This can lead to moisture loss, dryness and encourage the growth of bacteria. pH balanced cleansers are a good choice.

### # 5 Apply treatments first

If you are using an over-the-counter or prescribed topical (applied to the skin) acne treatment, apply the treatment first after cleansing the skin. Follow with a moisturizer.

### # 6 Moisturize, moisturize

It is **essential** that you keep your skin well moisturized to keep its natural, protective barrier intact and minimize skin irritation. Moisturizers are needed for ALL but the most oily skin types.



### # 7 Apply cosmetics lightly

Covering up spots and redness with makeup (concealer, foundation) is one of the important ways to cope with acne—and you will feel better.



Choose non-comedogenic, oil-free cosmetics – there are many types available – as these will not worsen acne.

- **Apply cosmetics lightly** and don't forget to gently remove all makeup at night.

### # 8 Green-tints hide red



- A green-tinted base concealer will help to hide redness.

### # 9 Use sunscreen

There is a belief that sunscreens clog the pores, feel heavy on the skin and make acne worse.



Many of today's sunscreens are non-comedogenic (do not clog the pores) and are formulated to feel light.

- It is important to keep your skin healthy and lessen your risk of sunburn, sun damage and skin cancer by wearing an SPF 30 or higher, broad-spectrum sunscreen when needed.

## # 10 Use skincare products with treatments as directed

Some over-the-counter skincare products, such as cleansers, contain active ingredients to treat mild acne.



Examples of these ingredients are non-prescription strength benzoyl peroxide and salicylic acid.

Apply as directed and:

- To avoid irritation, don't use too much of the product or use too often.
- Use on all areas where you get acne spots to help prevent new spots from developing. Why? Because early acne spots are not visible. These take around 1-2 weeks to fully develop.



### Need help with your acne?

See your doctor for help. Your family physician or a doctor at a drop-in clinic can refer you to a dermatologist if necessary.

Find out more about acne at [AcneAction.ca](http://AcneAction.ca)

- [What is acne?](#)
- [Acne Types: Mild, Moderate, Severe](#)
- [Acne Treatments](#)
- [Adult acne](#)

## About Us

The Acne and Rosacea Society of Canada, a national, not for profit organization led by Canadian dermatologists, offers hope and help to sufferers by providing independent, reputable and current information on acne and raising awareness about this condition.

For more info. visit [AcneAction.ca](http://AcneAction.ca)



For tips and news, Like Acne Action on Facebook and follow @AcneAction on Twitter.



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\*Please note we do not answer personal health questions.

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## Acne



## Top 10 Skincare Tips

[www.AcneAction.ca](http://www.AcneAction.ca)