

Teenage Acne

6 Tips for Clearer Skin



Spots make socialising tough

From the occasional pimple to full-blown breakouts, acne is often most acute during the teen years, adding yet another layer of angst to the long list of teenage woes. DR SUNDUS HOSSAIN-MORGAN at family medical clinic **Complete Healthcare International** (CHI) shares her tips for keeping teenage spots at bay.

- 1** *Cleanse daily and thoroughly:* Cleansing keeps grease, dead skin cells, bacteria and dirt from blocking the pores. Also remember to wash soon after exercising to remove sweat that may clog pores.
- 2** *Avoid hair products:* Gels, oils, mousses and pomades can block pores when they come into contact with the face.
- 3** *Avoid skin irritants:* Cleansing granules, abrasive soaps or excessive washing and scrubbing can cause more inflammation and make acne worse.
- 4** *Use oil-free make-up:* Look for non-comedogenic makeup, sunscreens, moisturisers and lotions that don't block pores.
- 5** *Eat well and stay hydrated:* Vitamin A, zinc and omega-3 fatty acids are all essential for healthy skin; low zinc levels, in particular, have been linked to acne. Drink plenty of water to keep your skin hydrated and eliminate toxins.
- 6** *Seek medical advice early:* Whether your acne is mild or severe, there are effective treatments that help clear the skin and reduce long-term scarring.

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