

Tips for Acne



Acne is a skin infection that can strike teenagers and adults alike. A pimple starts when the skin's pores become clogged with an oil that the body produces called sebum. When hormones are in overdrive, such as in puberty or during pregnancy, the body can overproduce sebum.

Preventing acne

As a rule, wash your face twice daily with warm water and an acne-fighting facial cleanser. Gently massage the cleanser over face, avoiding the area around your eyes. If you're an adult prone to breakouts, use a cleanser designed for adults as products made for teenagers can be hard on mature skin.

Moisturize your face, then apply a thin layer of Crystaderm to areas prone to acne.

Treating acne

Using sterilized hands or a clean cotton bud, apply a thin layer of Crystaderm to the affected area, up to three times a day for up to 21 days.

Why Crystaderm?

Crystaderm successfully kills acne-causing bacteria, without the redness and over-drying that acne products containing benzoyl peroxide can cause.³ We've found breakout areas treated with Crystaderm to be significantly less red than those treated with benzoyl peroxide.³ When you've got pimples, the last thing you want is dry, red skin!

Tips for holding acne at bay

Avoid touching your face – this will stop bacteria on your hands ending up on your skin.

Regularly clean items, such as sun glasses, that are put on your face. Also keep your phone's touch screen clean. A trick is to wipe it with a little hand sanitizer.

Keep your hair clean and product-free to avoid oils and products transferring onto your face.

Change out your pillow slip regularly and always use a clean facecloth to wash and dry your face. Try washing your sheets, pillow slips, and facial cloths with a non-scented washing powder as fragrances can aggravate some skin types.

If you wear a foundation, clean your brush daily with isopropyl alcohol and use a foundation that won't clog your pores or aggravate your skin, such as a good quality mineral powder.

Dietary tips

Some people have found that reducing the amount of sugar, saturated fats, vegetable oils, or processed foods they eat has a positive affect on their acne.

Others have found that an acidic diet can also contribute to acne. Oranges and tomatoes are healthy in moderation, but for some people these acidic foods have a tendency to cause breakouts when consumed in excess.

Too much inorganic meat and dairy can also aggravate hormonal acne in some people as these foods can contain added hormones.

Popping pimples

Although it's tempting, popping pimples can push infected material further into the skin, making the pimple much worse and even causing permanent scarring.

If you notice a pimple coming before a big event, get a dermatologist to treat it for you. If you can't resist popping, make sure your hands are sanitized and wrap tissue around your fingers to avoid touching the skin or damaging it with your fingernails.

We don't recommend popping pimples, but if you do and the area becomes damaged, a thin layer of Crystaderm will help with healing.