

We are often asked “how can I continue my skin care regime at home” - here we can offer some general advice, but individual, bespoke advice is given during your consultation appointment...

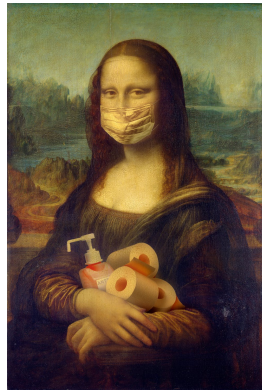
...Let's face it, mask wearing is affecting our skin x

‘MASKNE’ - WHY AM I GETTING OUTBREAKS

Unlike Acne (usually a hormone influenced issue), maskne is a result of wearing a protective face mask causing micro trauma and microclimate changes on the skin, usually around the muzzle area.

MICROCLIMATE - the area under the mask has an increased level of moisture and dead skin cells that can't escape, increasing a build up of debris and bacteria that can't shed away

MICROTRAUMA - the material of the mask causes micro tears allowing dirt, debris and bacteria to clog up pores



WHAT CAN I DO TO HELP MY SKIN

Gentle cleanse - after steaming using a gentle cleanser will be kinder to traumatised skin. Cleanse every morning and evening and avoid alcohol based products. For more severe outbreaks find a product with Benzyl Peroxide or salicylic in.

Avoid harsh scrubs as the skin is already damaged - use an enzyme exfoliant
Light moisturiser - non comedogenic (not pore clogging) and preferably containing ceramides. This is also good to act as a barrier before donning your mask.

Avoid make up as this will increase pore clogging (if possible use non comedogenic or mineral based make up)

Where possible try and wear a material mask as this will be softer on the skin (wash after every use) - cotton pillowcases will also be kinder to your skin during its healing stage of sleep

x And remember - * HANDS * FACE * SPACE * - stop the spread x
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