



Clear Skin from Within: Your Anti-Acne Guide

Introduction: Rethinking Acne

Acne doesn't just affect oily skin types. People with dry, sensitive, or combination skin can also experience breakouts. The problem isn't oil itself – it's a lack of the right type of oil, and an impaired skin barrier. Many people try to scrub acne away with harsh cleansers, acids, or drying products like benzoyl peroxide. But this only signals your skin to produce more oil to compensate.

When acne is present, there are always deeper underlying causes. These may include:

- Hormonal imbalances
- A highly inflammatory diet
- Chronic stress
- Smoking
- Poor gut health
- Liver congestion

This guide outlines the root causes of acne and provides a detailed, practical plan to rebalance your body from within. With consistent application for 10–12 weeks, you can expect visible improvements in your skin health.

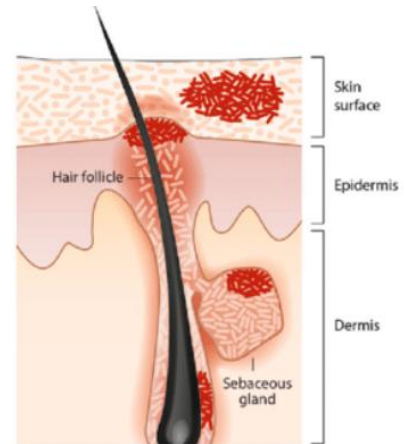
How Acne Forms: The Science Behind the Breakouts

What Is Acne?

Acne is an inflammatory skin condition that develops when pores become clogged with oil, dead skin cells, and bacteria. The process starts within the **pilosebaceous unit**, which consists of:

- Hair follicle
- Sebaceous (oil) gland
- Erector pili muscle

These units are most dense on the face, chest, and upper back – the common sites of acne.



When sebum (oil) and dead skin cells can't exit the follicle, they create a plug. This blocks oxygen and creates an **anaerobic environment**, which is ideal for the rapid growth of **C. acnes bacteria**. The immune system responds with inflammation – leading to red, swollen pimples. If white blood cells are recruited to the site, pus forms.

The Role of Androgens

Hormonal fluctuations – especially increased **androgens** like testosterone and DHT – stimulate oil production and skin cell turnover, both of which contribute to clogged pores and inflammation.

All Skin Types Get Acne

You don't need to have oily skin to get acne. In fact, over-cleansing and using oil-stripping products can lead to rebound oil production and worsen acne. Your skin needs:

- Adequate hydration
- A healthy lipid barrier
- Balanced internal hormones

True skin healing starts on the inside – by supporting your body with the right nutrients, lifestyle changes, and skincare habits.

Blood Sugar Imbalance: The “Diabetes of the Skin”

Why Sugar Affects Your Skin

Blood sugar spikes from processed, high-GI foods as they lead to increased insulin. Insulin raises levels of **IGF-1 (insulin-like growth factor)**, which:

- Boosts androgen levels (especially testosterone and DHT)
- Increases oil production
- Stimulates skin cell growth

This leads to congestion and the perfect environment for acne.

The Stress Connection

Unstable blood sugar also leads to crashes, which triggers the release of **cortisol**, your primary stress hormone. Chronically elevated cortisol:

- Impairs skin healing
- Disrupts hormones
- Reduces immune function
- Feeds inflammatory pathways

Stress management and its side effects with skin

Stress management significantly impacts skin health, as chronic stress can lead to various skin problems. Here's how effective stress management can improve skin health and the mechanisms behind it:

Effects of Stress on Skin:

1. Hormonal Imbalance :

Stress triggers the release of cortisol, a hormone that can increase oil production in skin glands, leading to acne breakouts and oily skin.

2. Inflammation :

Chronic stress promotes inflammation, which can exacerbate conditions such as eczema, psoriasis, and rosacea.

Inflammatory responses can make the skin more reactive and sensitive.

3. Delayed Healing:

Stress can slow down the skin's healing process, making it harder for wounds, cuts, and blemishes to repair.

4. Aging:

Elevated stress levels accelerate the aging process. Cortisol can break down collagen and elastin, the proteins that keep skin firm and elastic, leading to wrinkles and sagging skin.

5. Immune Function:

Stress weakens the immune system, making the skin more susceptible to infections and decreasing its ability to defend against harmful microorganisms

Foods to Avoid

High-Insulin Foods to Limit or Avoid:

- Sugar (sweets, cakes, candy)
- White bread and pasta
- White rice
- Milk and dairy products
- Fast food and fried items
- Processed snacks

Complex carbs

Take longer to break down than simple carbs and do not cause an insulin spike that messes with your hormones. Pick whole wheat pasta, brown rice, oats, potatoes, and sweet potatoes as your starch.

Complex, healthy starches provide energy and important calories to your diet. If you don't eat enough calories you will actually cause more acne as your body could be inflamed.

Milk and dairy product

In general, dairy may contribute to inflammation in the body, which may lead to clogged pores. Cow's milk contains certain hormones called androgens that may be inflammatory. Androgens can stimulate androgen receptors in your body's cells. This may then trigger those cells to produce more sebum oil clogging pores creating the perfect environment for acne causing bacteria to grow and thrive.

This also includes whey which is found in most protein powders

Gut Health & Inflammation

An inflamed or leaky gut contributes to acne by:

- Reducing nutrient absorption
- Triggering immune reactions
- Promoting hormonal imbalances

Pro-Inflammatory Foods to Avoid:

- Refined sugar
- Gluten-containing grains (wheat, barley, rye)
- Dairy (especially conventional milk)
- Vegetable oils high in omega-6 (soy, corn, sunflower)
- Processed and fast foods

Gut-Healing Foods to Include:

- Fermented foods: kimchi, sauerkraut, miso, kefir
- Bone broth
- Leafy greens
- High-fibre vegetables
- Probiotic supplements (short-term use, 4 – 8 weeks)

Daily Bowel Movements Matter

Having at least one complete bowel movement a day is crucial for healthy skin. Your digestive system is one of the main pathways your body uses to eliminate waste and excess hormones. If you're constipated or irregular, toxins and excess estrogen can be reabsorbed into the bloodstream, potentially worsening acne and other hormonal issues. Ensuring regular bowel movements supports your liver and detox pathways and prevents congestion from building up inside the body – and on your skin.

Hydration and Essential Fatty Acids

Most people with acne are chronically dehydrated and deficient in **essential fatty acids (EFAs)**, which are needed for strong, healthy skin cell membranes.

Skin Hydration Basics

Your skin needs water to stay supple and resilient. When you're dehydrated:

- Your barrier weakens
- Skin becomes flaky and inflamed
- Breakouts worsen
- Skin is likely to have a histamine response to active ingredients in your skincare like Vit A and Hyaluronic acid. Resulting in breakouts.

Only about **13%** of the water you drink reaches your skin – so aim for **2–3L daily**.

Why Essential Fatty Acids Matter

Essential fatty acids (like Omega-3s) form the cell membranes of skin cells. They:

- Improve skin hydration
- Normalize sebum production
- Reduce inflammation

Without enough EFAs, skin cells don't shed properly, leading to thickened, waxy sebum that clogs pores.

Best Food Sources:

- Oily fish (sardines, salmon, mackerel)

- Flaxseeds and chia seeds
- Walnuts and avocados

Supplements: High-quality Omega-3 supplements (purified and sustainably sourced).

Recommend: Simka Alpha Omega 3 Liquid

Protein:

Protein is essential for building and repairing skin tissues. Including sources of lean protein like chicken, fish, tofu, and legumes in your diet can help support skin health and promote healing.

The Skin-Saving Nutrients You Need

Zinc: The Acne-Fighting Mineral

Zinc helps regulate oil production, heal wounds, and balance hormones. Studies show low zinc levels correlate with more severe acne.

Top food sources: pumpkin seeds, oysters, beef liver.

Supplement: Zinc Picolinate (30 mg) 90 tablets every 6 months.

Vitamin A

Vitamin A helps regulate skin cell turnover and supports immune defense.

- Found in orange vegetables (carrots, sweet potato, pumpkin)
- Helps prevent clogged pores and reduces inflammation
- Can also use topical Vitamin A for skin renewal

Vitamin C

Vital for collagen production and immune defense. Also helps reduce the oxidative stress that contributes to acne.

- Eat: berries, citrus, kiwifruit, leafy greens
- Use: topical Vitamin C serum for antioxidant protection

Vitamin D

Vitamin D plays a crucial role in supporting immune function and reducing inflammation — both key factors in acne development. Low levels of vitamin D have been linked to higher rates of acne, particularly inflammatory acne. This fat-soluble vitamin helps regulate your skin's microbial balance and reduces overactivity of the sebaceous (oil) glands. Because many people are deficient due to limited sun exposure, especially in winter months, supplementing with Vitamin D3 can support clearer skin, a balanced immune response,

and reduced breakouts. Always check your levels with a blood test and aim for 1,000–4,000 IU daily, depending on your needs and your healthcare provider’s advice.

Vitamin E

Vitamin E includes properties that:

- Reduces inflammation in the skin
- Helps regulate oil balance
- Speeds up healing of acne lesions and scars
- Supports a healthy skin barrier

Deficiency in vitamin E may impair wound healing and increase the severity of breakouts.

Foods rich in vitamin E include:

- Sunflower seeds
- Almonds
- Hazelnuts
- Avocados
- Olive oil
- Butternut squash
- Trout and salmon

Consuming vitamin E from whole foods – especially when paired with healthy fats for absorption – helps reduce the inflammatory burden that contributes to acne while protecting your skin at the cellular level.

Amino Acids for Skin Repair

Amino acids are the building blocks of proteins, which are essential for skin healing and regeneration. They:

- Help repair damaged tissue
- Support collagen and elastin production
- Speed up healing from acne lesions and reduce the risk of scarring

Key amino acids for skin health include glycine, proline, and lysine – found in collagen-rich foods (bone broth, fish skin), lean meats, legumes, and quality protein powders. Supplementing with collagen peptides or a full-spectrum amino acid blend can accelerate wound healing and improve overall skin texture.

Supplement: Great Lakes Gelatin (grass fed beef hydrolysed collagen)

Astaxanthin: The Potent Antioxidant

Astaxanthin is a powerful carotenoid antioxidant derived from algae. It:

- Protects skin cells from oxidative stress
- Reduces inflammation and redness
- Improves skin hydration and elasticity
- May help prevent acne scarring by supporting skin barrier repair

Supplement: Astalife Astaxanthin 12mg

Astaxanthin also supports internal antioxidant defense systems and works synergistically with other skin-supportive nutrients like Omega-3s and Vitamin E.

Green Tea and Adaptogens

Green tea is rich in antioxidants and helps reduce inflammation and insulin levels.

Adaptogens are herbs used in ancient India. They can relax your body, balance hormones, and heal your body. You can add some adaptogens as a supplement in the form of pills or tea to boost your acne healing process. Here are some recommendations:

- Organic Ashwagandha Root Powder
- Organic Maca Root Powder

Turmeric

Turmeric is anti-inflammatory, which means it helps with any inflammation in your gut or body and therefore also heals your skin.

You should consume turmeric with black pepper to increase the bioavailability by 2000%. You can easily season your food with some turmeric and black pepper, or grab turmeric supplements that already include the black pepper.

Probiotics and fermented foods

Fermented foods and probiotics will add beneficial microorganisms to your gut, the “good” bacteria, helping with digestion. Healthy gut flora and digestion will result in better skin, too.

Here are some great probiotics to include in your diet: sauerkraut, kimchi, and pickles. You can also take supplements for a while to re-balance your gut flora. We suggest taking probiotics for 8 weeks at a time.

Fibre

Fibre supports hormone detox, feeds good gut bacteria, and keeps digestion regular.

- Eat: flaxseeds, oats, lentils, vegetables, brown rice, beans

Good Fats

- Omega-3 rich fats: walnuts, chia, flax, avocado

- Avoid: vegetable oils (canola, soybean, sunflower) high in omega-6

Hormonal Birth Control and Acne

Birth control pills, IUDs, implants and shots are widely used today and prescribed often as a means to control acne. However, most forms of birth control can have the potential to cause acne and weight gain in those who are susceptible. Birth control options are generally categorized as either estrogen-dominant or progestin-dominant, and they vary in their androgenic (testosterone-like) effects.

As a general rule, those with higher androgenic potential should be avoided by acne-prone individuals because they can promote excess oil production and breakouts. If you're considering or currently using hormonal birth control and struggling with acne, it is essential to speak with your doctor about choosing an option that is higher in estrogen and lower in androgenic activity.

Other Lifestyle Factors That Can Affect Acne

Rest and Stress

Get enough rest and manage your stress. When you're stressed, your body produces more cortisol, which stimulates oil production and can lead to breakouts. Lack of sleep only worsens this cycle. Prioritize quality sleep and include relaxation techniques like deep breathing or gentle exercise.

Fabric Softeners

Fabric softeners (liquid or dry) leave a waxy residue on pillowcases, towels, and clothes, which can clog pores. Use wool dryer balls as a cleaner alternative.

Detergents

Fragranced laundry detergents may irritate sensitive skin. Opt for fragrance-free detergents and always check for pore-clogging ingredients.

Pillowcases

Change your pillowcases every 1–2 days. Hair products, skin oils, and bacteria accumulate quickly and can transfer back to your skin overnight.

Water Softeners

Some water softeners, especially those using potassium chloride, may contribute to acne in sensitive individuals.

Swimming

Pool chemicals like chlorine and iodides can irritate acne-prone skin. Apply a barrier like petroleum jelly over your sunscreen before swimming.

Sun Exposure

While the sun can dry out pimples temporarily, it damages the skin over time, worsens hyperpigmentation, and increases your risk of skin cancer. Always wear sunscreen.

Hand Lotions and Contact

Comedogenic (pore-clogging) hand lotions can transfer to your face through touch. Choose non-comedogenic products and avoid leaning on your hands.

Breakouts Around the Mouth

Lip balms, toothpaste, or even facial tissues may contain pore-clogging ingredients like SLS or coconut oil. Switch to petroleum jelly for lips and use SLS-free toothpaste.

Picking Pimples

Avoid picking or squeezing! Picking leads to inflammation, delayed healing, and post-acne marks. Use ice on inflamed pimples to reduce swelling instead.

Prescription Drugs

Some medications may trigger or worsen acne, such as steroids, anticonvulsants, fertility drugs, or certain thyroid medications. Always consult your healthcare provider.

Hormone Replacement

Progesterone or androgenic hormone therapies may worsen acne. PCOS and other hormone-related conditions may also need tailored medical support.

Recreational Drugs

Substances like marijuana, cocaine, and amphetamines can trigger acne or worsen inflammation.

Industrial Exposure

Grease, oil, and certain chemicals (e.g. coal tar, chlorinated compounds) may worsen acne for those in industrial jobs. Take steps to clean skin thoroughly after exposure.

Other tips to prevent Acne:

In addition, consider these general tips to prevent / reduce acne:

- Double Cleanse your face day and night with an oil-free cleanser.
- Use water or mineral based makeup or products labeled “noncomedogenic” — this means they’re less likely to clog your pores.
- Avoid skin care and makeup products that contain oil.
- Always remove makeup and cleanse your skin thoroughly before bed.

- Exercise - regular physical activity reduces stress hormones and triggers the release of endorphins, which improve mood and promote better sleep. Exercise also increases blood flow, delivering more oxygen and nutrients to the skin.
- Shower or wash your face after exercising.
- Tie back long hair to keep it out of your face.
- Wash your hair every two days especially if you have oily hair or wear product
- Avoid tight-fitting hats, headbands, and clothing that covers breakout-prone areas.
- Do not use micellar water to remove make up or wash your face as it severely clogs pores
- Make washing your body the last step in the shower especially after conditioning your hair
- Clean your phone regularly to avoid spreading bacteria
- Clean your sponges or make up brushes after every use.
- Do not over exfoliate

Pore-Clogging Ingredients to Watch Out For

Below is a list of ingredients that can be found in skincare products, makeup, and hair products that can clog your pores and may exacerbate acne. Always check the ingredients of any non-Face Reality products you use on your skin or hair, even if it says “Won’t Clog Pores” or “Non-Comedogenic” on the bottle.

Natural oils can be some of the worst offenders (like cocoa butter and coconut oil) and are found in many “organic” skin care lines. Other oils such as jojoba, olive, and lanolin are mildly comedogenic and can be a problem if formulated with other comedogenic ingredients. Some prescription products like the cream form of Retin-A, as well as many over-the-counter acne medications also contain pore clogging ingredients. “Oil-free” products can be formulated with pore-clogging ingredients. Some Common Pore-Clogging Ingredients include:

- | | |
|--|--|
| • Acetylated Lanolin, | • Kelp, |
| • Acetylated Lanolin Alcohol, | • Laminaria Digitata Extract, |
| • Algae Extract | • Laminaria Saccharina Extract (Laminaria Saccharine), |
| • Algin, | • Laureth-23, |
| • Butyl Stearate, | • Laureth-4, |
| • Carrageenan, | • Lauric Acid, |
| • Cetyl Acetate, | • Mink Oil, |
| • Cetearyl Alcohol + Ceteareth 20, | • Myristic Acid, |
| • Chondrus Crispus (aka Irish Moss or Carrageenan Moss), | • Myristyl Lactate, |
| • Chlorella, | • Myristyl Myristate, |
| • Coal Tar, | • Octyl Palmitate, |

- Cocoa Butter,
- Coconut Alkanes,
- Coconut Butter,
- Coconut Oil,
- Colloidal Sulfur,
- Cotton Seed Oil,
- D & C Red # 17,
- D & C Red # 21,
- D & C Red # 3,
- D & C Red # 30,
- D & C Red # 36,
- Decyl Oleate,
- Dioctyl Succinate,
- Disodium Monooleamido PEG 2-Sulfosuccinate,
- Ethoxylated Lanolin,
- Ethylhexyl Palmitate,
- Glyceryl Stearate SE,
- Glyceryl-3 Diisostearate,
- Hexadecyl Alcohol,
- Hydrogenated Vegetable Oil,
- Isocetyl Alcohol,
- Isocetyl Stearate,
- Isodecyl Oleate,
- Isopropyl Isostearate,
- Isopropyl Linolate,
- Isopropyl Myristate,
- Isopropyl Palmitate,
- Isostearyl Isostearate,
- Isostearyl Neopentanoate,
- Octyl Stearate,
- Oleth-3,
- Oleyl Alcohol,
- PEG 16 Lanolin,
- PEG 200 Dilaurate,
- PEG 8 Stearate,
- PG Monostearate,
- PPG 2 Myristyl Propionate,
- Plankton,
- Polyglyceryl-3 Diisostearate,
- Potassium Chloride,
- Propylene Glycol Monostearate,
- Red Algae,
- Seaweed,
- Shark Liver Oil (Squalene),
- Shea Butter,
- Sodium Laureth Sulfate,
- Sodium Lauryl Sulfate,
- Solulan 16,
- Sorbitan Oleate,
- Soybean Oil (Glycine Soja),
- Spirulina,
- Steareth 10,
- Stearic Acid,
- Stearyl Heptanoate,
- Sulfated Castor Oil,
- Sulfated Jojoba Oil,
- Wheat Germ Glyceride,
- Wheat Germ Oil,
- Xylene.

How sleep can affect your skin

The Importance of Restorative Sleep for Skin Health

- Cell Regeneration: During deep sleep stages, the body undergoes a process of repair and regeneration. Skin cells produce new collagen, a protein that helps keep the skin firm and elastic, reducing the likelihood of wrinkles and sagging.

- Hormonal Balance: Sleep helps regulate the balance of hormones, including cortisol. High levels of cortisol, often due to inadequate sleep, can lead to increased stress and inflammation, exacerbating conditions like acne and eczema.
- Blood Flow: Adequate sleep enhances blood flow to the skin. This improved circulation delivers essential nutrients and oxygen to skin cells, promoting a healthy, radiant complexion.
- Hydration Balance: Sleep helps maintain the skin's hydration levels. During sleep, the body rebalances and recovers moisture levels, while the skin's barriers are repaired, leading to better moisture retention and reduced skin dryness.
- Reduction of Puffy Eyes and Dark Circles: Poor sleep can cause blood vessels under the eyes to dilate, leading to dark circles and puffiness. Consistent, restorative sleep can minimize these effects, helping to keep the eye area looking fresh and rested.
- Repair of Environmental Damage: Throughout the day, the skin is exposed to various environmental stressors like UV radiation and pollution. Sleep provides the body time to repair and recover from this damage, reducing the risk of premature aging and other skin issues.

Tips for Improving Sleep for Better Skin

- Establish a Routine: Going to bed and waking up at the same time every day helps regulate your body's internal clock, making it easier to fall asleep and wake up refreshed.
- Create a Sleep-Friendly Environment: Ensure your bedroom is conducive to sleep. This includes a comfortable mattress and pillows, a cool temperature, and minimal light and noise.
- Limit Blue Light Exposure: Reduce exposure to screens (phones, computers, TVs) before bedtime. Blue light from these devices can interfere with the production of melatonin, the hormone that regulates sleep.
- Healthy Diet: Avoid heavy meals, caffeine, and alcohol close to bedtime. These can disrupt sleep patterns and reduce sleep quality.
- Relaxation Techniques: Engage in calming activities before bed, such as reading, taking a warm bath, or practicing mindfulness and deep breathing exercises.

- Physical Activity: Regular exercise can promote better sleep, but try to avoid vigorous activity close to bedtime as it may have the opposite effect.
- Skin Care Routine: Implement a nighttime skincare routine to cleanse, hydrate, and nourish your skin before bed. This helps remove impurities and provides the skin with essential nutrients during its repair phase.

Acne Prone Skincare Routine

Oily skin can lead to excess shine and enlarged pores, but with the right skincare routine and products, you can manage these issues effectively. Here are some tips and recommendations for controlling shine and minimizing the appearance of pores and acne:

1. Cleanse Regularly:

- **Twice Daily:** Cleanse your face twice a day (morning and night) to remove excess oil, dirt, and makeup.
- **Gel or Foaming Cleanser** or very light milk cleanser if you have a more dry/sensitive skin:
 - Use a gel or foaming cleanser that is specifically formulated for oily skin.
 - Do not use a cleanser that has exfoliating or active ingredients. Gentle and basic is best.
- **Avoid Over-Cleansing:** Over-washing can strip the skin of natural oils, prompting it to produce more oil and clog pores

Recommend: Dermaivids cleansing milk/ gel 50/50
 AnteAGE Foaming Cleanser

2. Serum:

- Look for ingredients like Peptides Retinol, Hyaluronic, Vitamin C&E, Ceramide, niacinamide, Zinc,

Recommend: Dermaivids Bespoke Acne Serum,
 AnteAGE Pro System Duo

3. Exfoliate Gently:

- Chemical or enzymatic exfoliants are best: Use products containing salicylic acid (BHA), glycolic acid (AHA) or Papain (papaya enzyme), bromelain (pineapple enzyme).
- Helps remove dead skin cells and keep pores clear.

- Frequency: Exfoliate once a week to prevent irritation and over-stripping.

Recommend: Nimue Glycolic gel,
 Paulas Choice – 2% BHA Liquid Exfoliant

4. Use a Toner:

- Alcohol-Free Toner: Choose an alcohol-free toner or lotion that promotes oil balance and hydration

Recommend: DermaViduals Lotion N,
 APLB Hyaluronic acid Ceramide HAB5,
 Matcha Life Biome Redness Relief Hydrating Toner

5. Moisturise:

- Always Moisturise: Even oily skin needs moisture. Your skin might be lacking a dose of good quality moisture. You might think that moisturising is causing your pimples and blocking your pores but in fact avoiding it might cause you more pimples.
- Oil-Free Moisturiser: lightweight, oil-free, non-comedogenic moisturiser
- Gel-Based Formulas, or lotions are excellent for providing enough hydration without clogging pores.

Recommend: DermaViduals Bespoke Gel/Cream
 AnteAGE Moisturiser Hydrant

6. Control Shine with Mattifying Products:

- Mattifying Primers: Use a mattifying primer before applying makeup to control shine and keep your skin looking matte throughout the day.
- Blotting Papers: Carry blotting papers to absorb excess oil and reduce shine without disturbing your makeup.

Recommend: Saint Minerals

7. Sun Protection:

- Oil-Free Sunscreen: Use a broad-spectrum, oil-free, non-comedogenic sunscreen to protect your skin from UV damage without adding extra
- Before Sun Exposure: Apply sunscreen 20 minutes before going outdoors.
- Reapplication: Reapply every two hours, or immediately after swimming, sweating, or towel drying.

Recommend: Zinc Oxide or Mineral sunscreen

Simka

Airyday

Dermaviduals

Lira

Nifty Fifty Mineral

People for ocean

- Daily Use:
 - Indoors and Outdoors: UV rays can penetrate windows, so apply sunscreen daily, even if you're mostly indoors.
- Additional Tips:
 - Layering: Apply sunscreen as the last step of your skincare routine, before makeup.
 - All Seasons: Use sunscreen year-round, as UV rays are present even on cloudy days and during winter.
 - Use Azelaic Acid as a spot treatment before moisturising

8. Make up:

- If you're wearing make-up, make sure it's a clean mineral-based product.

Recommend: Saint Mineral

- Patch Testing: When trying new products, patch test first to check for adverse reactions.
- Icing: Something you might like to try is icing. When your acne is inflamed, pussy and angry this will help to calm things down

Professional treatments we recommend

Chemical Peels:

- Action: Removes the outer layer of skin, reducing acne and improving texture and scarring.
- Use: Performed by a dermatologist or a professional skin clinic using stronger acids than over-the-counter options.

Laser and Light Therapy:

- Aerolase Laser targets bacteria and reduces oil production. Expect results after two treatments
- Blue light therapy helps inflammation and kill bacteria

Extraction:

- Action: Manual removal of blackheads and whiteheads only performed by a professional.
- Consistency and Patience

Skin Needling:

Skin needle is a highly effective treatment for improving the appearance of post-acne scarring and post-inflammatory hyperpigmentation. By creating controlled micro-injuries in the skin, it stimulates your body's natural wound healing response. This encourages collagen and elastin production, which helps smooth out acne scars and improve overall skin texture.

Lymphatic drainage:

Lymphatic drainage is a gentle massage technique that helps stimulate the lymphatic system — your body's natural detox pathway. When lymph flow is sluggish, waste and toxins can accumulate in the skin, leading to puffiness, inflammation, and congestion. Regular lymphatic drainage (manual or with tools like a gua sha or facial roller) supports clearer skin by improving circulation, reducing swelling, and encouraging the removal of inflammatory waste. This can be especially beneficial for acne-prone individuals with fluid retention or slow detox pathways.

Near Infrared light:

infrared light offers unique benefits by improving **circulation**, **stimulating collagen repair**, and **reducing inflammation** in the deeper layers of skin. This makes it particularly helpful for **cystic or hormonal acne**, where inflammation runs deeper. It also supports lymphatic drainage and cellular detoxification, helping the skin recover faster from active breakouts and prevent future flare-ups. Regular treatments can speed up healing and reduce the risk of post-acne scarring.



Clear Skin from Within: Cheat Sheet

MAY AGGRAVATE ACNE-PRONE SKIN	POTENTIAL SUBSTITUTE
Iodides: Iodides irritate the pore and may cause acne flare-ups	
Iodized salt	Sea salt, uniodized salt, celtic salt. Himalayan salt
Milk (including organic and especially nonfat)	Almond milk, coconut milk, rice milk, oat milk
Cheese	Nut cheese
Whey or soy protein shakes and protein bars, creatine	Pea protein, egg white powder, hemp – still check for iodides and biotin before buying (Vega Sport Performance Protein and Perfect Fit are a few safe ones).
Soy products: tofu, soy milk, tempeh, edamame, soy sauce	
Seafood, shellfish: cod, scallops	Fresh water fish: lake trout, bass, catfish
Spirulina, chlorella, blue-green algae	
Kelp, miso soup, seaweed, seaweed supplements	
Vitamins with iodides, iodine, kelp, potassium iodide (also avoid biotin and B12)	
High Androgen: Foods high in androgens may contribute to increased sebum	
Peanuts, peanut butter	Almond butter or other nut butters

Peanut oil, corn oil, canola oil	Olive oil, coconut oil
Shellfish	
Organ meats including pate	

FOODS MORE OFTEN ASSOCIATED WITH EXACERBATING ACNE & INFLAMMATION

- Trans Fats
 - Cakes, pies and cookies
 - Biscuits
 - Breakfast sandwiches
 - Margarine (stick and tub)
 - Crackers
 - Microwave popcorn
 - Cream-filled candies
 - Doughnuts
- Overheated fats: baked foods / fired at high temperatures
- Excess sugars
- Omega-6 oils (most vegetable oils) and not enough Omega-3s
- Known food sensitivities (examples: fruit, gluten)

SUPPORTIVE FOODS/BEVERAGES

- Ceylon cinnamon
- Apple cider vinegar
- Green tea, especially matcha

ANTIOXIDANT “HELPER” – SELENIUM RICH FOODS

- Brazil nuts
- Pinto beans
- Halibut
- Wild-caught salmon
- Oats
- Navy beans
- Chicken
- Spinach

FOOD/BEVERAGES THAT MAY PROVIDE ANTI-INFLAMMATORY SUPPORT

GENERAL

- Turmeric
- Ginger
- Green tea (especially matcha)
- Ceylon cinnamon
- Apple cider vinegar

FOODS HIGH IN VITAMIN B3

- Cremini mushrooms
- Tuna
- Chicken breast
- Fish (halibut, salmon, sardines)
- Leafy greens
- Asparagus

FOODS HIGH IN OMEGA-3

- Fatty fish
- Salmon
- Sardines
- Atlantic mackerel
- Anchovies
- Herring
- Omega-3 enriched eggs
- Deep leafy greens: spinach, kale, watercress
- Walnuts
- White fish
- Blueberries
- Hemp seeds
- Mustard seed
- Brussel sprouts
- Winter squash
- Navy beans

A well-balance low-glycemic diet can support all aspects of health, including your skin.
