

# *well*+GOOD

## Dealing with the curse of adult acne



**3. Limit dairy.** Dermatologist [Paul Jarrod Frank, MD](#), says, “A diet that has a lot of dairy in it is pro-inflammatory, meaning that it can exacerbate any condition, like acne, that involves inflammation.” Eat lean protein and brightly colored vegetables and fruits instead.

**4. Wash your face every night and exfoliate.** No matter how busy you are. And every morning. If that seems like too much, your cleanser is overdrying, says Rubin. If needed, use a [gentle cleanser](#) in the morning and a salicylic or glycolic one at night. And use an exfoliating mask a couple times a week: dry skin is dead skin, which is a breeding ground for bacteria, she says. Slough it off.

**5. Wash up after a workout.** If you're dealing with acne, “it's best to just shower immediately after working out and use a cleanser all over. Sweating is good for the skin, [but you don't want to let it linger.](#)”

**6. Choose products wisely.** Rubin says 80 percent of acne issues are resolved with the right regimen—a good cleanser, an exfoliant, a balancing treatment serum, for starters. Many [facial oils are great for acne-prone skin](#), but not synthetic or heavy ones like lanolin or mineral oil. Avoid artificial fragrances, which Dr. Frank says can increase skin sensitivity.

**7. Don't overtreat.** Women over-exfoliate or overuse drying and irritating products like benzyl peroxide products when they aren't making the internal connection to their skin, says Vitti. Or worse, they take antibiotics, which can mess with digestion further. She's also not a fan of going on the pill for this reason, since it affects your body's hormone levels and doesn't solve the issue.

**8. Find a skin-care ally.** Maybe you're not a skin-care expert—but you can work with one. Find a cool dermatologist, a smart facialist, or skin-care-savvy nutritionist to discuss your skin, diet, and health with instead of perusing the drugstore aisles for something to "just make your pimples go away."

**9. Embrace technology.** Dr. Frank recommends the [Clarisonic](#) for cleansing and exfoliating, and the [Zeno acne-zapping device](#), which reduces inflammation.

**10. Try to be Zen about it.** "Adult acne is a hugely frustrating, emotional, sensitive issue," admits Rubin. "But while it can be a difficult experience, it's often a great learning process that will re-connect your awareness to your body in a beautiful way that will last a lifetime." Hopefully starting now. —*Ann Abel*