Neutrogena (eviment)

The inside scoop:

Ache

Acne 101

Acne can occur at any age, and some people get it for the first time in adulthood.

Acne forms below the skin surface,

before you can see it, deep within pores. When your body produces too much oil, it can cause dead skin cells to stick together and clog the pore. This creates an environment where certain bacteria can grow easily. The redness, swelling, and raised bump associated with acne is caused by your body fighting these bacteria.

Acne comes in many

shapes and sizes



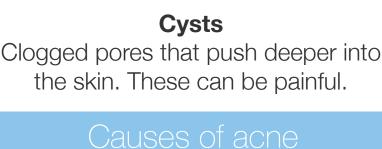
pore stays open. Whiteheads form

when a blocked pore closes up.



clogged pores break and become

irritated or inflamed.



Genetics

Acne can be more

serious if one or both

acne when they were



parents had severe

younger.

Hormonal
Testosterone and
estrogen can cause
excess sebum.



have been associated with acne.

Diet

Environmental
Heat, humidity, sunlight,
work environment, and
certain hairstyles may

Diets high in sugar

Medication side effects

Follow a regimen to treat

acne. Stick with it and give it

cause acne.



worse. INSIDER TIPS

Certain medications

can make breakouts

time to work Cleanse thoroughly twice daily—once during the day and once at night

- Treat: Look for products
 with salicylic acid or
 benzoyl peroxide, the #1
 dermatologist recommended
 acne ingredient
- acne ingredient
 Just because you can't see it, doesn't mean it's not there. Treat your whole face!
- Treat your whole face!Moisturizers are still critical.Find one that's oil-free and
- noncomedogenic

 Never sleep in makeup and
- keep your hands off your faceEat a healthy diet
- Severe acne must be treated by a dermatologist