

## YOUR GUIDE TO CARING FOR ACNE-PRONE SKIN WITH EFFACLAR DUO (+)

### WHAT IS ACNE?

**Acne** (medically known as *Acne Vulgaris*) is a common skin condition that will affect many people at some point in their lives, varying in severity, and is commonly experienced among teenagers during puberty. While many factors can affect and cause acne, essentially acne is a condition that affects the sebaceous glands of the skin, causing blockages or over production of oil, which leads to comedones (blackheads and bumps) and pustules (pus-filled spots).

Acne is estimated to affect 9.4% of the global population, making it the eighth most prevalent disease worldwide<sup>1</sup>

### WHAT CAUSES ACNE?

There are many misconceptions about what causes acne, it is not a condition that is caused by poor hygiene (though this can worsen symptoms!), but is caused by a sensitivity to androgens, a hormone found in our blood that causes the sebaceous oil-producing glands to produce excess oil in both men and women.

This **overproduction of oil** eventually causes a thickening of the skin cell wall which encourages bacterial and fungal growth which in turn triggers inflammation and formation of red dome-shaped bumps and whiteheads.

Secondly, **hyperkeratinisation**, a disorder of the hair follicle in which causes dead skin cells in the follicle to bond together and block the pore. Oil is then trapped inside the pore and forms blackheads and microcysts (tiny pus-filled bumps below the skin).

Did you know? Acne is not a hereditary condition but patients with persistent acne often have a family history of the condition<sup>2</sup>

### WHAT FACTORS CAN AFFECT ACNE?

#### Hormones

About 70% of females will notice an aggravation or increase of acne just before or in the first few days of menstruation<sup>3</sup>.

#### Stress

It's not a coincidence that a new pimple pops up when you have a deadline, exam or personal problem. Scientific research has proved that there is a link between high stress levels and acne severity<sup>4</sup>.

#### Pollution

If you're a city dweller, there's no way to escape pollution. These tiny dust particles start a chain reaction that causes increased oil production and a build-up of dead cells, a recipe for acne<sup>5</sup>.

#### Cosmetics

If you are prone to acne you should always try to use non-comedogenic products, which means it will not clog pores. A good and consistent cleansing routine will help to minimise breakouts.

## WHAT CAN I DO TO HELP MY ACNE?

### 1. Be patient with your regime

Having a good consistent daily skincare regime is important to see results. It can take up to 4 to 6 weeks to notice an improvement. Be patient to give the routine a proper chance to work.

### 2. Keep your skin hydrated

Dehydration (lack of water) may force your skin to go into overdrive and produce more oil. Continue to use your recommended Effaclar Duo (+) to mattify your skin while keeping it hydrated. Consider using a hydrating serum and drink plenty of water.

### 3. Don't pop your spots

You shouldn't pop your spots as this can cause skin discolouration and you might increase the chance of scars.

### 4. Don't over-exfoliate

Over scrubbing your skin could tear blemishes and increase inflammation. Avoid exfoliants with beads, instead use a gentle, non-drying cleanser daily to regulate excess sebum.

### 5. Use a daily sunscreen

Don't avoid an SPF because you think it is greasy or clogs pores. Apply a mattifying, non-comedogenic sunscreen formulated for oily skin, such as Anthelios Anti-Shine. Apply daily to protect against UV radiation that can worsen the appearance of coloured marks left by spots.

## A RECOMMENDED SKINCARE ROUTINE

### STEP 1 WASH

#### EFFACLAR PURIFYING GEL

Foaming facial wash for oily, blemish-prone skin



- ✓ Gently removes dirt and impurities away from the skin
- ✓ Helps minimise the appearance of blemishes and shine
- ✓ pH5.5 minimalist formula that doesn't disrupt the skin barrier

**Suitable for use on face and body**  
Also available in 200ml & 400ml formats

### STEP 2 MOISTURISE

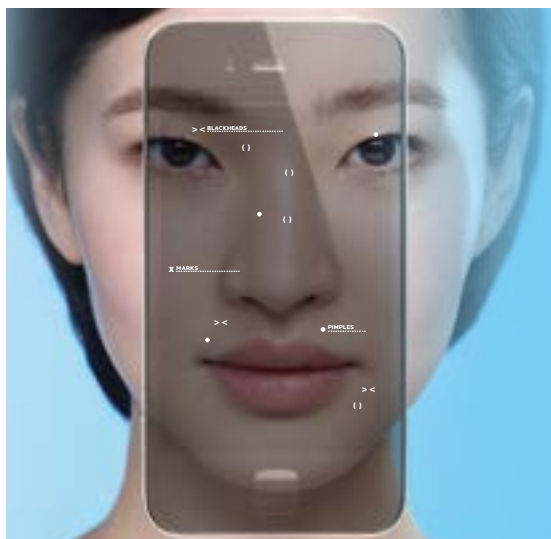
#### EFFACLAR DUO(+)

Corrective, unclogging daily moisturiser



- ✓ Keratolytic action to help remove dead skin cells
- ✓ Helps to minimise appearance of blemishes and coloured marks
- ✓ Helps fight causes of future breakouts

**Light gel-cream texture**  
Also available in tinted format & SPF 30



## DISCOVER SPOTSCAN

A skin analysis tool powered by artificial intelligence, developed with dermatologists



See your results in 3 simple steps.  
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