

*SkinBase*TM
YOUR PATH TO PERFECT SKIN

The Ultimate Guide to Acne

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What is Acne?

Acne is a common skin condition with symptoms including spots, excess sebum and hot or painful skin. Almost everybody experiences acne on the face at some point in their lives. Some sufferers also contend with acne on their chest and backs too. It is thought that 95% of those aged between 11 to 30 are affected by acne to some extent. If you are one of them, it can be difficult to know where to begin.

What Causes Acne?

Those aged between 14 and 19 are most likely to be affected by acne, as the skin condition has been linked to fluctuating hormone levels. This is particularly prevalent during puberty, which is why teenage acne is such a common complaint. Unfortunately, it can also occur at any age. Increased hormone levels have a twofold effect on the body, as they trigger the inner lining of hair follicles to thicken, while also increasing the production of sebum to an abnormal level. This combination of factors causes a usually-harmless skin bacterium to become aggressive, resulting in blocked pores, inflammation and pus.

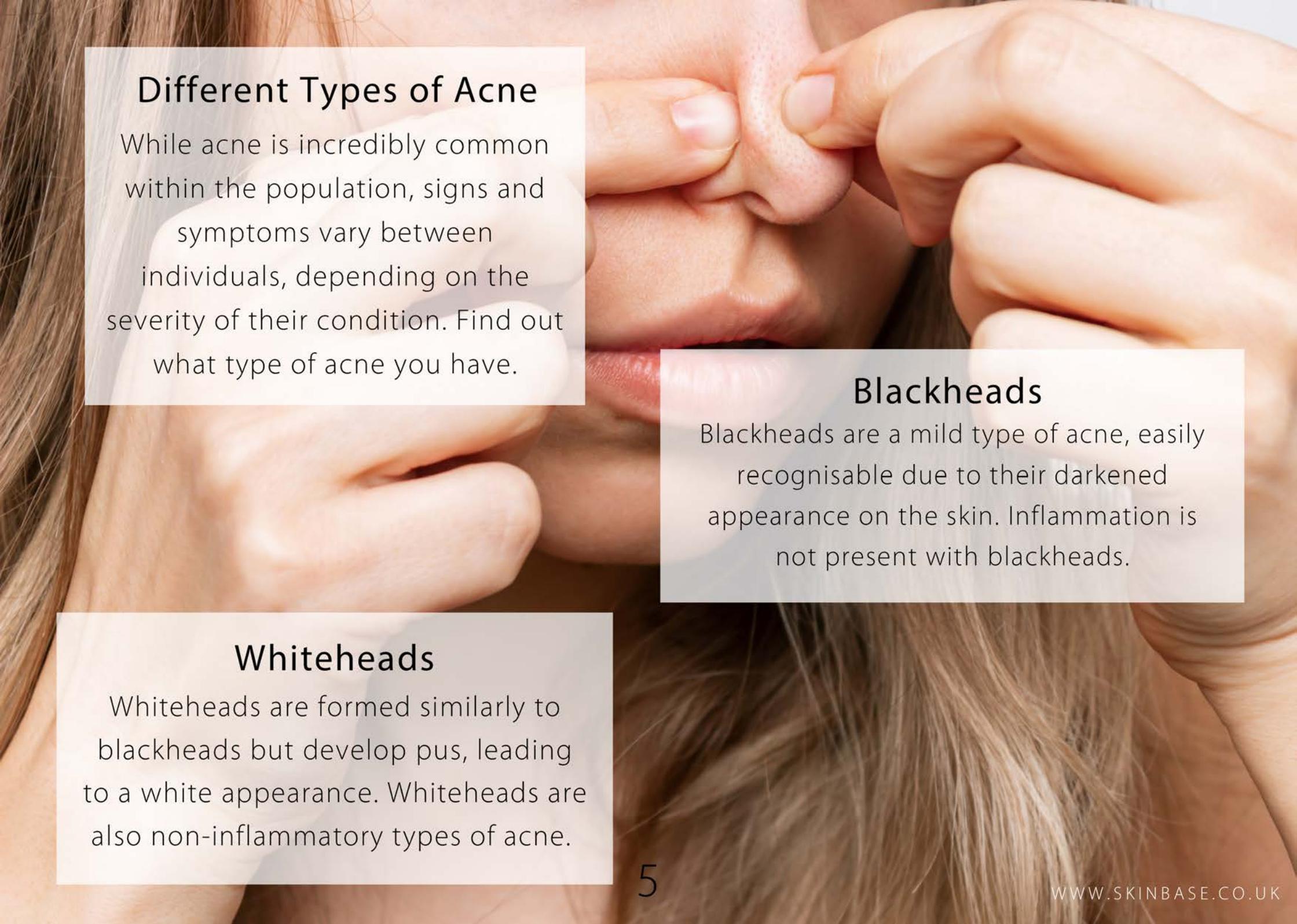


Hormonal Acne

Acne can be triggered or aggravated by a number of different causes, one of those which is hormonal. If you are aged between 20 and 50, hormonal acne is likely the cause of your skin concerns. Those affected are often women, particularly those who are pregnant or going through the menopause, due to rapidly changing hormone levels. Hormonal acne is also affected by external factors you can control. If you are often missing out on sleep, are very stressed or even use the wrong hair and skincare products, you can exacerbate your skin.

Bacterial Acne

If you do not experience a flare up during periods of hormonal imbalance, and topical treatments are not improving your breakouts, you may instead be dealing with bacterial acne. Bacterial acne often begins in the same way as hormonal acne, with excess sebum levels resulting in clogged pores. The blocked pores can become infected, and bacteria will begin to grow in the clogged follicles. The bacteria will trigger inflammation and infection, causing the acne symptoms to become more severe.



Different Types of Acne

While acne is incredibly common within the population, signs and symptoms vary between individuals, depending on the severity of their condition. Find out what type of acne you have.

Blackheads

Blackheads are a mild type of acne, easily recognisable due to their darkened appearance on the skin. Inflammation is not present with blackheads.

Whiteheads

Whiteheads are formed similarly to blackheads but develop pus, leading to a white appearance. Whiteheads are also non-inflammatory types of acne.

Pustules

Pustules are tender bumps on the skin, filled with white or yellow pus. They are easily distinguishable from white heads due to the painful, red swelling that occurs.

Papules

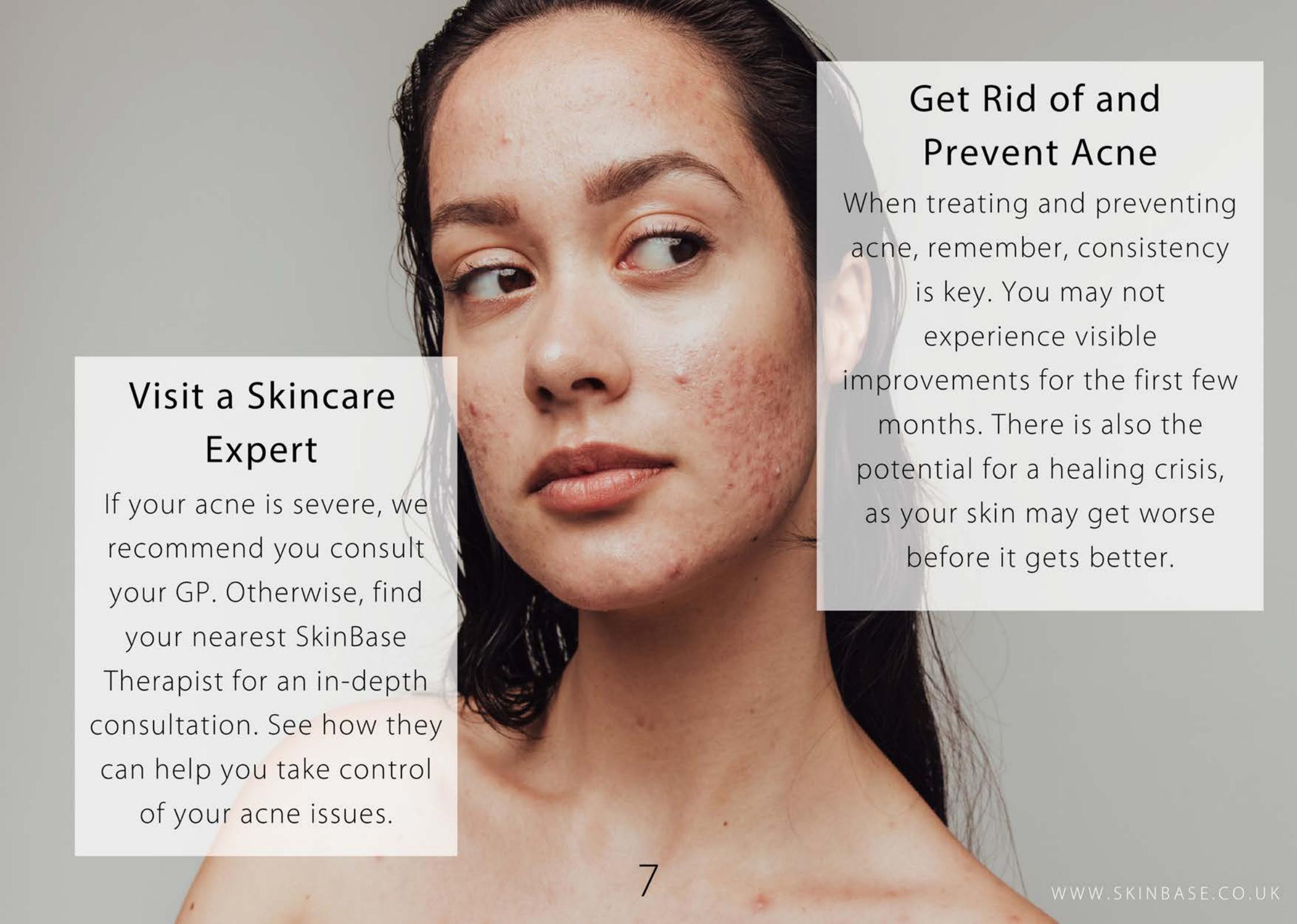
Papules are swollen bumps with a red, tender appearance. They are formed by excess oils and dead cells blocking pores.

Nodules

Nodules are severe, painful, red or skin-tone coloured bumps that form deep within the skin. They do not develop pus, so are firm to the touch.

Cysts

Cysts develop deep in the skin and fill with pus, making them soft to the touch. They are red and painful, and commonly found on the jawline.



Visit a Skincare Expert

If your acne is severe, we recommend you consult your GP. Otherwise, find your nearest SkinBase Therapist for an in-depth consultation. See how they can help you take control of your acne issues.

Get Rid of and Prevent Acne

When treating and preventing acne, remember, consistency is key. You may not experience visible improvements for the first few months. There is also the potential for a healing crisis, as your skin may get worse before it gets better.



Active vs Inactive Acne

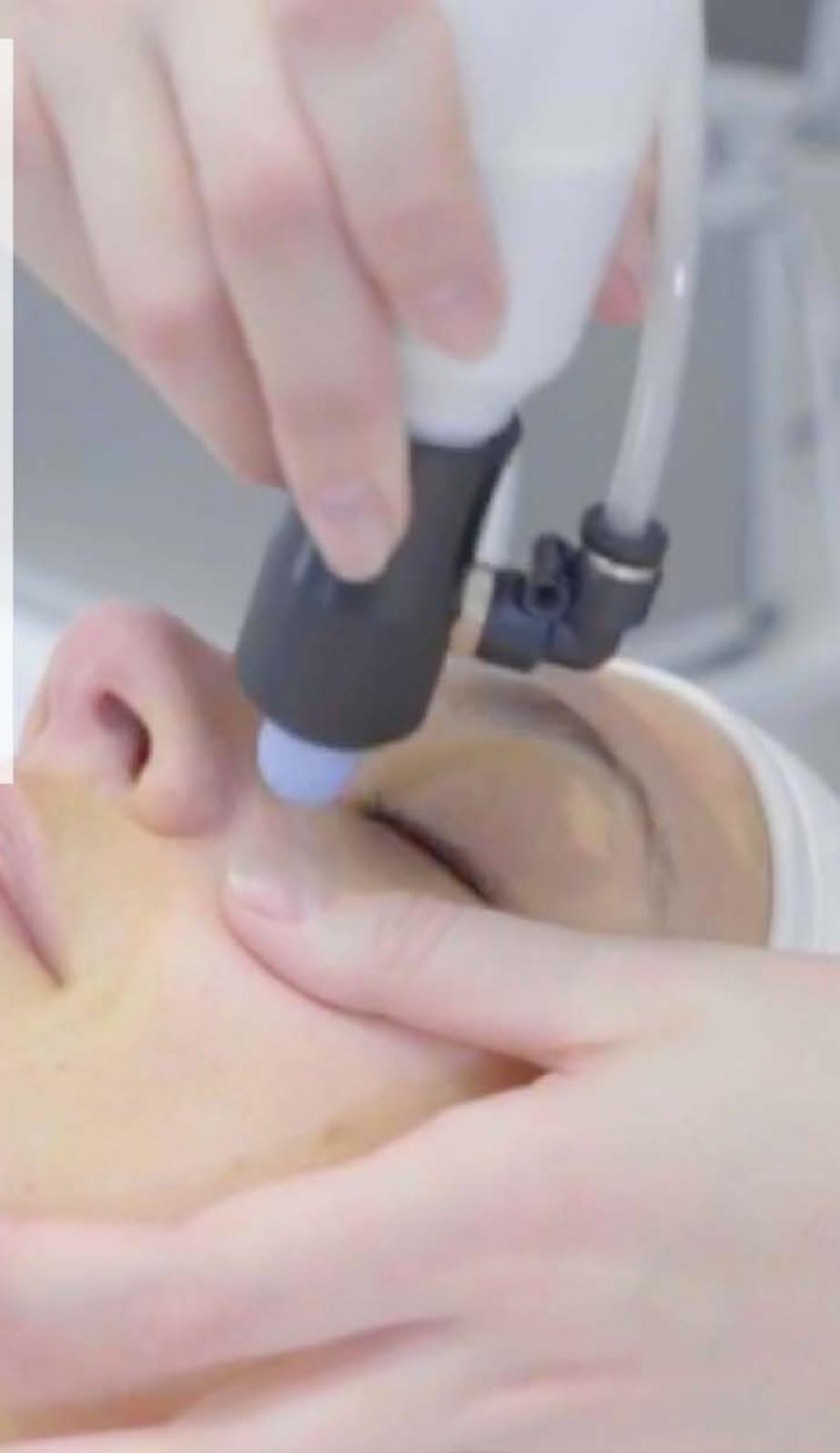
Acne is classified into active and inactive, and the difference is important to understand when considering MD. Active acne signifies the presence of comedones, papules and pustules on the skin. Inactive acne, on the other hand, is well controlled, and refers to acne-prone skin with no symptoms present.

Microdermabrasion for active acne has gradually become the first choice for many people looking to treat their skin.



Microdermabrasion for Acne

Nonallergenic crystals are directed across the skin during treatment to exfoliate and resurface. Active areas of the skin must be avoided, to avoid bursting spots, worsening acne and spreading bacteria. A vacuum action removes any dirt, dead skin cells and debris. Once the acne has calmed down, any areas previously avoided can be treated, to deep clean the skin and transform any uneven texture. There are lots of benefits of Microdermabrasion for acne.



(1) Effective

The two-step MD process encourages cell renewal, so the skin looks better for longer.

(2) Better Skin for Longer

The two-step MD process encourages cell renewal, so the skin looks better for longer.

(3) Zero Recovery Time

Known as the “lunchtime facial”, you can easily fit MD in your day to day life.

(4) Everyone can Benefit

Without a barrier, skincare products will be absorbed into the skin better.

(5) Enhanced Absorption

Known as the “lunchtime facial”, you can easily fit MD in your day to day life.





IPL for Acne

When using IPL for acne, the system releases yellow, green and red light, emitted in a series of short pulses. The yellow and green lights work to destroy the bacteria that live in the skin and cause inflammation, preventing new spots from occurring. The red light directly targets the overactive sebaceous glands that block pores and cause outbreaks of pustules, while also stimulating collagen production in the area. Therefore, minimising the risk of breakouts, and helping the appearance of acne scarring too.



Acne Skincare

When it comes to the skin, prevention is better than a cure. If you have acne-prone skin, following a simple but effective acne skin care routine on a daily basis is a great way to keep the skin healthy. Ensure you know your skin type, and choose skincare products accordingly.

Acne Skincare: Cleanser

Thoroughly cleansing the skin twice a day is the first step in an effective skin care routine for acne. One of the main causes of acne breakouts is clogged pores. The best way to combat this is to gently cleanse any dirt, bacteria or impurities off the skin, day and night. The SkinBase purifying gel cleanser is great for the colder months, while summer skin thrives with the SkinBase exfoliating cleanser with AHA.





Acne Skincare: Toner

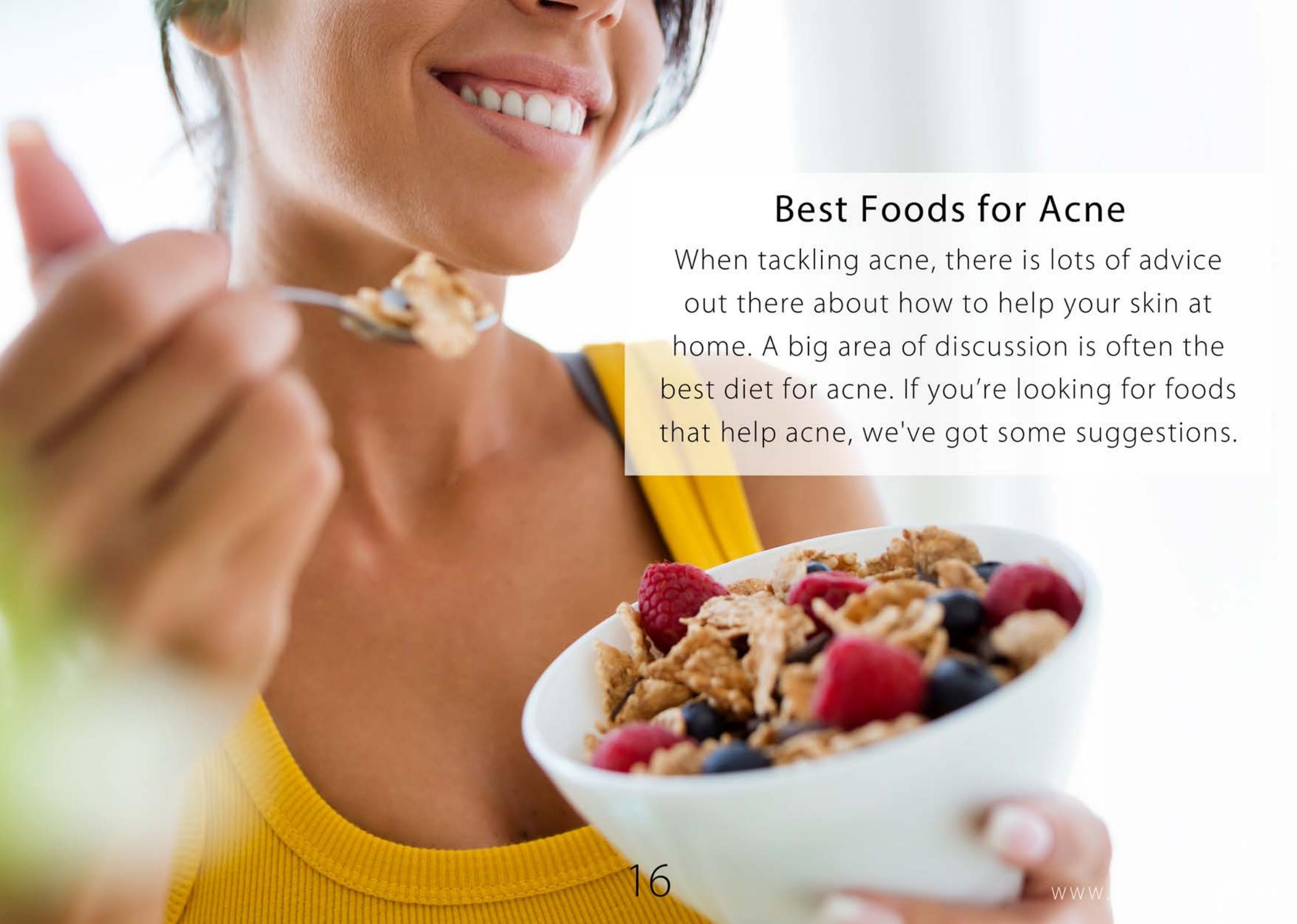
Even with the double cleanse at night, dirt, debris and excess oils can still cling to the skin and block the pores. Toner is a great back up defence for acne-prone skin, and should be included in an acne skin care routine. With the viscosity of water, toner is a great product for hydrating skin, removing excess oils, and ensuring no dirt is remaining after cleansing. The SkinBase soothing toner, which contains vitamin B5, helps the skin retain moisture and prevents irritation and inflammation.

Acne Skincare: Moisturiser + SPF

Keeping the skin moisturised and protected from the sun is a key aspect of skincare for acne.

Moisturiser replenishes hydration loss and provides a protective barrier for the skin, to lock in all the goodness already applied. A combined moisturiser and SPF is a great way to limit the layers of product going onto the skin; therefore, ensuring the risk of clogged pores remains low. The SkinBase Daily Repair and Protect cream with SPF30 is a great product to add to an acne skin care routine.



A close-up photograph of a woman with dark hair, smiling broadly as she eats. She is holding a white bowl filled with cereal, raspberries, and blueberries. A spoon with cereal is raised towards her mouth. She is wearing a yellow top. The background is bright and out of focus.

Best Foods for Acne

When tackling acne, there is lots of advice out there about how to help your skin at home. A big area of discussion is often the best diet for acne. If you're looking for foods that help acne, we've got some suggestions.

Omega-3 Fatty Acids

Foods which are rich in omega-3 fatty acids have been known to give skin an almost instant glow. This includes flax seeds, walnuts and salmon.

Vitamin C + E

Add oranges, strawberries and tomatoes into your daily diet to activate healing, boost your immune system and strengthen your cell walls.

Water Content

Water rich foods, such as cucumber and watermelon, will help to keep your skin plumped, and free your system of toxins.

Antioxidants

Brilliant for giving your skin a boost of goodness. Berries, cherries and spinach attack free radicals in your body that cause skin damage and breakouts.

Lifestyle Changes to Help Your Acne

Struggling with acne can be difficult. It is hard to figure out what helps, and it can really affect confidence and self esteem. Knowing effective tips to help manage acne can help in the quest for clear skin. While a comprehensive skincare routine is beneficial, it requires wider lifestyle changes to help acne.

Stress

Stress has not been proven as a direct cause, but exacerbates the skin. Stress affects the skin's healing process, meaning acne symptoms take much longer to heal and disappear.

Exercise

Exercise relieves stress, levels out blood sugar levels, minimises inflammation in the body and builds the immune system.

Sunshine

Over-exposure to sunlight can be detrimental to the skin, causing undesirable, long term effects.



A woman with a grey towel wrapped around her head is looking into a mirror. Her reflection is visible on the left side of the frame. She has a neutral expression and is touching her cheek with her hand. The background is a bright, clean white.

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YOUR PATH TO PERFECT SKIN

Microdermabrasion: The Results

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12 Microdermabrasion Treatments

After a course of treatments my skin was glowing. It was clear, it was healthy and bit by bit my confidence came back. I have kept up with regular microdermabrasion with Hollie and now I can walk around make-up free having good skin, it literally gave me my confidence to get my life back and speak to people again. I love my skin and will always have MD to keep it in this condition.

Image Credit: @pamper_treat_repeat



6 Microdermabrasion Treatments



Image Credit: @iebeautyaesthetics

5 Microdermabrasion Treatments



Image Credit: @rebeccawillsheenbs



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Intense Pulsed Light: The Results

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8 IPL Acne Treatments

"I was sceptical if the treatment would work but I didn't have much to lose, I started and after just one treatment there were results!

This gave me a little hope that I would not be trapped in a life with poor skin. Not a day after I started this treatment do I regret it; I wouldn't change a thing. My skin is probably the best it's ever been. This treatment has transformed what I thought to be an inexplicable mess into an exquisite piece I am proud to call my skin."

Image Credit: @siancleakskincare



3 IPL Acne Treatments



Image Credit: @skinbase_facial

6 IPL Acne Treatments



Image Credit: @preenbeauty