

Bellagera
skincare studio & spa



Self Help Acne Guide

Face Reality Acne Program



Foods That Make Acne Worse

Salty foods and food high in iodides are the culprit in making acne worse. Below is a list of foods typically high in iodides. We tell people to not go crazy around eliminating these foods, just be aware of eating too much of them.

For example, we had a client who was almost clear. She then came into our clinic all broken out and we couldn't imagine what was going on - I asked her if she was eating a lot of seafood or seaweed. She said, "why yes, I'm sprinkling kelp on my food every day." As you can see by the chart, kelp has the most iodide of any food. We got her off the kelp and helped her get rid of her acne again.



Milk (and cheese) is another BIG culprit - not only does it have iodides, it also has hormones in it that contribute to acne. Many teenage boys love to drink gallons of milk which is contributing to their cystic acne. Health foods and supplements are not immune - vitamins almost always contain some form of iodide - it could be in the form of iodine, iodide, potassium iodide or kelp. Also, vitamins contain biotin and B-12 both of which make acne worse. Be careful with protein bars - they often have potassium iodides in them. Whey and soy protein powders for smoothies can be bad for problem skin - try hemp or pea protein powder instead.

We want you to be informed what could be making your acne worse - these foods are not the "cause" of acne. The cause needs to be addressed by using the right products in the right way. But it's good to know what can contribute to your breakouts.

Iodide Contents in Food (parts per million of iodide) - Reality Acne Clinic

<i>Salt</i>		<i>Seafood</i>		<i>Dairy</i>	
Iodized Salt ¼ tsp	100	Kelp	1020	Cheddar Cheese Spread	27
Seasoned Salt	40	Cod 3 oz	87	Milk	11
Sun Evaporated Salt	30	Squid	39	Butter	26
Uniodized Salt	19	Crab	33	Mozzarella Cheese	13

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Five Ways to Relieve Dryness

One of the most common complaints of even the best acne products is that they irritate and dehydrate the skin. People tend to stop using their acne products when their skin gets dry and peels, so they never get completely clear, nor do they stay clear. I want to go over some strategies that can make using acne products a more productive, comfortable process. Know from the outset, that you are going to have some dryness and peeling from acne products. Any product that is strong enough to get acne under control is inherently dehydrating – that’s just the way it is, but there are ways we can alleviate this problem while your skin is adapting to products.



The best strategy is to start off using products very slowly. Allow your skin to gradually adapt to your products. Our Acne Specialists are experts at coaching you through this process.



You can add a water-based hydrator like our Hydrabalance to layer under your morning sunscreen and your evening benzoyl peroxide. Remember to not use any moisturizer or cream with oil in it as it will stop the action of the benzoyl peroxide. The benzoyl will not be able to penetrate into the pores to do its work of stopping acne from forming.



Dryness around the mouth and chin area is a very common reaction to benzoyl peroxide. When it happens, you can apply a thin layer of petroleum jelly on the dry area (smile lines) before applying the benzoyl peroxide. Do this for just a few days and then resume the benzoyl peroxide again. Rest assured that Vaseline will not cause your skin to break out.



Another option is to take a 1 to 3-day break from your routine. Just cleanse, tone and use your noncomedogenic sunscreen, like our Daily SPF 30 in the morning. Then cleanse, tone and use a noncomedogenic moisturizer, like our Clearderma, at night. When you start your routine again you will resume where you left off.



The last option is to get acne products that are not quite as strong. Work your way up slowly to stronger products.

****Word of caution** – if you take too many breaks, you will not clear either. If you are chronically dry, then it’s time to readjust your home care routine to one that your skin can tolerate. The path to clear skin is not easy – it’s best to have someone who is experienced to help you get there. We, at Face Reality Acne Clinic, do just that – we will get you through the ups and downs of getting to clear skin.

Ten Tips for Clear Skin

There are a few things you can do daily that can either promote acne or set it at bay and it doesn't mean just using the right products. Everything you do contributes to your health and skin so while you think just keeping your face clean will help reduce breakouts, you're wrong! Here's a list a the top 10 things you can do to deter your breakouts.



Get enough rest and reduce your stress. Stress stimulates the adrenal gland and in the acne-prone individual, the adrenal gland promotes oil production which leads to clogged pores.



Stay away from foods, vitamin supplements and sports drinks/bars that contain iodides. Iodized salt, seafood, fish, seaweed, fast foods and dairy products (cows lick iodized salt licks) and especially kelp tablets (some people take these for thyroid support) are a part of this list. Contrary to popular notion, chocolate and greasy foods (unless they contain salt, which most do) do not aggravate acne.



Stay away from "high androgen" foods. These are found in peanuts, peanut oil, peanut butter, corn oil, wheat germ, shellfish, organ meats (i.e. liver, sweetbreads and heart). These contain hormones that exacerbate acne.



Some swimming pool disinfectants contain iodides and Chlorine, which can remain in the water, causing skin problems for frequent swimmers. Many swimmers find that the combination of hot and humid weather, the physical exercise of swimming and the chlorinated pools, can cause major acne flare-ups.



Don't pick. Instead of picking, rub ice on pustules and pimples for about five minutes, twice a day. Try to catch them when they are first forming and they most likely will go away. You can use Benzoyl Peroxide for this, but the surrounding tissue may get very dry.



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Use fragrance-free detergents such as Cheer Free, All Free & Clear, Tide Free or Arm & Hammer Free.



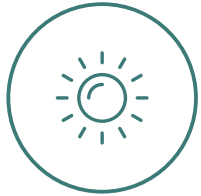
Do not use fabric softeners and/or fabric softener sheets in the dryer, especially on pillowcases as they cause a waxy residue that can clog pores on acne-prone individuals. If you are worried about static cling, then use some anti-static cling balls that you can purchase from Bed Bath and Beyond for \$5.



Avoid low-estrogen birth control pills, Norplant, Provera, and Depo-Provera. Also progesterone hormone replacement Premarin can be problematic. If you have polycystic ovaries, they will cause hormonal changes and breakout. See our article about birth control for more information. Also, the taking of birth control pills may delay the onset of acne and once off them, you may experience the acne you would've had before taking them.



Do not use cosmetics OR hair products that contain pore-clogging ingredients. See our article on Pore Clogging Ingredients for a list of ingredients to avoid. Retin A has the pore-clogging ingredient, isopropyl myristate as its first ingredient.



Don't lay out in the sun to help get rid of your acne. You can give yourself skin cancer - there's a much safer way to peel the skin than a sunburn.

These tips alone will not get your skin clear however. They just support your acne-clearing program which is truly the key to clear skin. Let the acne experts here at Face Reality help you to get the clear skin you've been dreaming of.



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Popping Pimples

Popping pimples seems like a good idea at the time. It's quick, it's satisfying, and it leaves you with a smooth surface. Problem solved, right? It might seem like it, but every day our acne specialists see the fallout from acne that's been overzealously picked and popped. Most commonly, popping pimples will leave you with very dark or red spots (even scabs) in the area where you picked. These marks, called post-inflammatory hyperpigmentation, can take months and even years to go away without chemical peels for acne scars. Picking too deep can even leave you with permanent pitted, "ice pick" scars that only laser treatments or plastic surgery can improve.



But the real problem with popping your pimples is not the appearance of the surface of your skin, but its affect on your acne overall. Squeezing a pimple damages the follicle wall deep inside your skin, encouraging further inflammation and breakouts in the picked area. You could get a cluster of pimples in the area where you popped, or the popped pimple could come back to haunt you again and again in the same place because the wall of that follicle has been compromised. To get rid of a pimple, we recommend applying ice to the lesion for a few minutes twice a day in order to reduce redness and swelling, healing your pimple from the inside out.

Or, schedule an acne treatment with us. The acne specialists at Face Reality can remove dead skin cells and oil from the follicle without breaking the follicle wall and spreading acne bacteria. Better yet, they can recommend the best acne medication for you so that you won't break out in the first place.



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How to Get Rid of Acne



You cannot cure acne, but you can have clear skin if you know what you are doing. There are a few key concepts that you need to know to get your skin clear and get rid of acne. You need to use the right acne products for your type of acne. A product that is good for inflamed acne (pimples, pustules and cysts) will not be good for noninflamed acne (blackheads and whiteheads)

You need these products to be strong enough for your type of skin. If they are not, your skin will not change much. If they are too strong, you will irritate and dehydrate your skin; and you will still break out.

You need to use these products in the right way. It takes strong products to get acne under control, but if you use too much too soon, you will irritate and dehydrate your skin. You must start slowly with strong products.



You need to account for skin adaptation. What does this mean? This means you cannot allow your skin to get too "used" to products. If you do, then your skin will stop responding and not get clear. It takes adjusting your skin care regimen routinely.

Does this all sound like tricky business? Yes, no doubt that it is.

These are the main reasons you need an acne expert to guide you in the process of getting your skin clear. We know what it takes to get and keep your skin clear. Get rid of acne once and for all!

Home Remedies

Not all home acne remedies are bad, indeed some can even alleviate irritation or inflammation, but the only thing that will get you clear is a managed home care routine that works to prevent the acne cycle from starting in the first place. This includes daily use of exfoliants and anti-bacterial ingredients used together in the right way. Anything short of this has only a band-aid effect and won't do anything for long term control of your acne. Some common home acne remedies are: toothpaste, apple cider vinegar, just water, clay or honey masks, liquid or bar soaps, lemon juice, hard scrubbing with wash cloths or sugar, tea tree oil, egg whites and coconut oil, to name a few.



Some of these are complete myths, like just water or toothpaste, others have beneficial properties, but are only part of the puzzle (tea tree oil, apple cider vinegar, masks or egg whites), while still others are downright harmful and can actually make acne worse: bar or liquid soap, hard scrubbing and coconut oil, to name a few. Even though coconut oil sounds nice for the skin, it is actually highly comedogenic (pore clogging). It is important to understand that while some of these home acne remedies can help alleviate some of the symptoms associated with acne, none of them will do anything to stop you from breaking out in the first place.

Acne is a chronic disease of the skin whereby the dead skin cells are shedding at a rate 5 times faster inside the pore than in a "normal" skin pore. This means that if you are not using exfoliants to help the dead skin sloughing off inside the pore and using anti-bacterial ingredients to kill the bacteria that feeds off this dead skin, you will never get the acne cycle under control. You will continue to break out no matter what home acne remedy you try. Sure, toothpaste might dry out a pimple because of the small amount of sulfur present in the product, but it will not prevent a new one from coming up. Lemon juice might be lightening, but it can also be very irritating for certain skin types and makes you more sensitive to the sun. Tea tree oil and apple cider vinegar are potent anti-bacterials and anti-fungals but they must be used with caution because overuse can burn the skin. Harsh soaps can make acne worse by stripping the skin of its natural oils, sometimes making you break out more because of the imbalance of oil and moisture in the skin. Even worse, coconut oil might have anti-inflammatory properties, but when applied directly to the skin it is actually highly comedogenic and will clog your pores even more than they already are! Finally, egg whites and honey or clay masks may temporarily help to reduce redness, kill bacteria or absorb oil, but they will do nothing to keep you from breaking out. Only with the guidance of an experienced professional showing you how to use the appropriate products in the right way and educating you on the common pitfalls, will you get and maintain consistently clear skin.

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Pore Clogging Ingredients

Do not ever put anything on your skin or your hair without checking the ingredients first, even if it says “Won’t Clog Pores” or “Non-Comedogenic” on the bottle. No government agency oversees this, so skincare companies can claim their products promote clear skin and have pore cloggers in their formulas. Below is a list of ingredients to avoid in all of your products; skin care, acne care, makeup, clothing and hair. Take a look at your current set of products from your shampoo to your laundry detergent and see if they contain any cloggers. If they do, it’s time to look for something acne safe. All of Face Reality’s products are free of pore clogging ingredients so you never need to worry about if it’s OK for your skin.



Be Aware

- ✓ Natural oils can be some of the worst offenders, like cocoa butter and coconut oil which 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 have pore cloggers. Many over-the-counter acne medications also have pore clogging ingredients.
- ✓ “Oil-free” products can be comedogenic.

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About Our Spa

You've heard of skin that shines, but when you want skin that sparkles, visit Bellagena Skin Care Studio & Day Spa. Founded by Julia Padilla with the vision to provide clinical skin treatments in a day spa ambiance, Bellagena's full-service menu includes the best facials, massages and hair removal. Above all, the spa continues to flaunt its design as a skin treatment clinic that affords everyone the opportunity to love her skin.



JULIA PADILLA LE, CCE, CME
Owner

Julia had the vision of creating a clinical skin care studio with the traditional spa atmosphere for many few years. She is currently working towards her goal of Holistic Therapy Education with the goal to teach clients a path of wellness from within. Her belief being skin health is one of the most important ways to achieve this. Our skin health is essential to our entire body.

Our goal is to teach our community that skin care should be a necessity not a luxury.

Julia is a Licensed Aesthetician, Licensed Electrologist and Certified Laser Hair Removal Technician in the State of Florida.

We are here to help.

Please contact us & let our Certified Acne Specialist help you on your path to clear skin!

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