



5 Ways To Banish Breakouts

Don't let spots get under your skin and beat summer acne like a pro, says FOREO.

Summer is the season to get your summertime glow on, the season women seek a make-up free face, revealing natural sun-kissed skin. But, whilst this might be the dream, the reality of a clear complexion during the summer months is often quite the challenge.

To help beat blemishes this summer, FOREO is unveiling some the key reasons for your summer breakouts and how to prevent them, for a clear complexion all summer long.

1. SAY NO TO ACNEGENIC FOODS

On our holidays, we often feel this is the time to treat ourselves with sugary cocktails and ice-cream to keep cool, however it's no secret that these foods can cause a flare up. Try to limit refined sugar and oily foods to prevent excess oil clogging pores which often become a breeding ground for bacteria.

2. MAKE CHANGES TO YOUR PRODUCTS

Moisturizing in the summer is just as important as in the winter however

a gel-based moisturizer limit greasy skin. Also, using a non-comedogenic product is a plus or any product with salicylic acid will help to soothe and prevent acne-prone skin. Try adding a toner in the summer if your skin is particularly oily and swap heavier make up, such as full coverage foundation for a tinted moisturizer.

3. CLEAN DEEP BUT DON'T OVER EXFOLIATE

Hot, sticky weather sends oil glands into overdrive and that means clogged pores! Be careful not to over exfoliate. This is a common mistake many people make during summer. We think that exfoliating will help to remove dead skin cells giving us a more even tan and unclogging pores from sweat and SPF build up. This is true, however, over exfoliating the skin can lead to stripping the skin which in-turn causes skin to produce more oil to recover to opt for a less abrasive exfoliator for your travels. Make sure to choose cleansing device which eliminates blemish-causing impurities while remaining extremely gentle on the skin.

4. LIMIT SUN EXPOSURE

Yes yes, whilst we know it's not what everyone want to hear whilst they are trying to get a goddess like glow, BUT, sun exposure means heat, and heat means sweat. Excessive sweating can aggravate acne, especially in people with sensitive skin, causing sudden breakouts, so when the heat is high, keep cool.

5. KEEP A SPOT FIGHTING WEAPON NEAR BY

A small pot of tea-tree oil is easy to pack into your travel essentials and contains anti-inflammatory and ant-bacterial properties. Dab a little on a soaked cotton pad on your break out to take away any angry redness. If in need to something a little more industrial to zip that zit pronto carry a skin care travel friendly device that includes blue light technology which penetrates deep below the skins surface to quickly and non-invasively eliminate acne causing bacteria at the source, however you should avoid this in sunburnt areas.