

ACNE TIPS & TRICKS

We have all been there, trying to figure out how to stop the painful, inflamed bumps from popping up from under our skin. We all want the magic solution, but in reality there are so many contributing factors, types of acne, and solutions! As a holistic practitioner who has struggled with acne my entire life, and now battling adult acne, here are my fail safe tips to tackle acne.

SOON WELLNESS CO



Must Haves for Acne



Buy towels specifically for your face. Once you're done washing your face at night, or in the morning, grab a clean face towel to pat dry. Do not introduce any microbes onto your freshly washed skin by grabbing a hand or bath towel. I love these little ones, they come in a 6 or 12 pack, and I keep them in my bathroom closet for single use convenience.

You already know that you should wash your pillow case at least once a week! My tip is to buy a pack of pillow cases so that you can easily swap one out for a new one, even if you decide to skip laundry day. Bonus points for satin or an antimicrobial fabric.



Comedogenic=Pore Clogging

If you have not checked your product's ingredients yet then this is your sign. If you are doing everything right but nothing has worked this may be why. Sadly, some acne specific products contain pore clogging/acne causing ingredients. Google search your product ingredients and plug them into this ingredient checker [HERE](#) or directly search your product by name [HERE](#)

Acne Favorites

A basic acne protocol with some of my favorite products!

Morning



Night



Other Contributors

Acne is anything but simple. If you're wondering what could be contributing to your acne I suggest completing functional labs to assess your hormones, gut health and inflammation that could be contributing.

Gut Health

Multiple studies have eluded that the gut microbiotas are different in people suffering from acne than those who are not. When good & bad bacteria are unbalanced in the gut we call this *dysbiosis*.

Lifestyle

Stress, diet and sleep habits are huge culprits for causing acne. Acne management should be holistic, and people suffering will need to look into multiple aspects of their lives.

Hormones

Androgens are hormones in both male and females, however they are more abundant in males. When a female has excess androgens, aka male hormones, that has been linked to an increase in clogged pores. As you know, clogged pores are the perfect recipe for acne! Keeping androgens at bay can help keep acne away.

About ALYSSA

Hello there! I am a certified functional diagnostic nutrition practitioner, and have trained in holistic naturopathic medicine for over 5 years. I have also experienced acne since I was a kid, and now that I am an adult I am fascinated with solving this issue that effects so many of us.

I consider myself a guinea pig for all things acne, I have tried and researched it all. Over the years I have learned first hand that acne is not created equal, and to get rid of it we need to look for hidden stressors and contributors. I hope that you feel encouraged to take a deep dive into your acne, products, and lifestyle.



WANT TO WORK
WITH ME?

SCHEDULE A CALL



SoonWellnessCo.Com