

# ACNE

YOUR GUIDE TO CLEAR SKIN



**Spellbound  
Skin Studio**

# WHAT IS ACNE

Acne is a dermatological condition that occurs when the hair follicles and sebaceous glands in the skin become clogged with oil, dead skin cells, and bacteria. These clogged follicles often lead to the development of various types of skin lesions, such as pimples, whiteheads, blackheads, and in severe cases, cysts.

This guidebook aims to provide a comprehensive explanation of what acne is, its causes, symptoms, and treatment options, along with helpful tips for managing and preventing acne breakouts.

## AND IT'S CAUSES

Causes of Acne:

1. **Excess Sebum Production:** The sebaceous glands produce an oily substance called sebum, which helps keep the skin moisturized. However, in some individuals, these glands produce an excessive amount of sebum, leading to clogged pores and acne.
2. **Hormonal Changes:** Fluctuations in hormone levels, particularly during puberty, menstrual cycles, and pregnancy, can trigger acne. Androgens, a type of male hormones present in both males and females, play a significant role in stimulating sebum production.
3. **Dead Skin Cells:** Shedding of dead skin cells is a natural process. However, in some cases, these cells do not shed properly and can accumulate, contributing to pore blockage.
4. **Bacteria:** The skin is home to a type of bacteria called *Propionibacterium acnes*. When trapped in clogged pores, they can multiply and lead to inflammation and the formation of acne.
5. **Certain Medications and Cosmetics:** Some medications and cosmetic products can trigger acne breakouts in some individuals.
6. **Diet and Lifestyle:** While there is no direct link between diet and acne, some studies suggest that certain foods and lifestyle choices may exacerbate existing acne conditions.

# LIFESTYLE

SELF-CARE IS A FUNDAMENTAL NECESSITY FOR NURTURING OUR PHYSICAL, EMOTIONAL, AND SPIRITUAL WELL-BEING

Lifestyle can significantly impact acne development and severity of acne. Certain habits and choices can either worsen or improve acne conditions

## STRESS

---

The link between stress and acne is well-established and has been studied extensively. Stress can have a significant impact on various physiological processes in the body, including those that influence the development of acne

### EXERCISE

Engage in regular physical activity, as it can help reduce stress hormones and promote overall well-being.

### MINDFULNESS

Practice mindfulness and meditation to center yourself, reduce stress, and improve emotional balance.

### HEALTHY DIET

Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins to support your body during stressful periods.

### SLEEP

Prioritize getting enough sleep to allow your body to rest, repair, and recover.

### RELAXATION

Explore relaxation techniques like deep breathing, yoga, or progressive muscle relaxation to calm your mind and body. By managing stress effectively and adopting a healthy lifestyle, you can help mitigate its impact on acne and improve your overall skin health. If you find that stress is significantly affecting your well-being and acne, consider consulting with a healthcare professional for additional support and guidance.



# DIET

## ~~YOU ARE WHAT YOU EAT~~

Your diet is not just what you eat; it is the foundation of your health and well-being, nourishing not only your body but also your mind and soul, allowing you to thrive and embrace life to its fullest potential

### WHAT TO AVOID OR ENJOY IN MODERATION

For individuals with acne-prone skin, avoiding certain foods that can potentially exacerbate acne is advisable. While the impact of diet on acne varies from person to person, here are some common foods to consider limiting or avoiding

#### **PEANUTS**

Peanuts are known to contain arachidonic acid, a type of omega-6 fatty acid that can promote inflammation in the body. Excessive inflammation may exacerbate acne or contribute to its development.

#### **DAIRY**

Dairy products, particularly milk, can contain hormones like progesterone and insulin-like growth factor 1 (IGF-1).

IGF-1, a growth factor present in milk, has been linked to the stimulation of sebum production and increased skin cell growth, both of which are factors in acne development.

#### **SODIUM**

High sodium may lead to the activation of certain signaling pathways in the body that can contribute to inflammation. Inflammation plays a significant role in acne development and can exacerbate existing acne lesions.

It may also lead to dehydration, which may compromise the skin's natural barrier function. A weakened skin barrier can make the skin more susceptible to external irritants and bacterial infections that can contribute to acne.

**Be careful of energy drinks, collagen supplements, and new trendy supplements such as hair gummies. They're often loaded with ingredients which may cause acne.**

## **IODINE**

Foods that are particularly high in iodine include seaweed, iodized salt, certain seafood like shrimp and lobster, and dairy products (since dairy cows are often fed iodine-enriched feed). Consuming large amounts of these foods might contribute to increased iodine levels in the body.

Iodine can stimulate the production of skin oils (sebum) and influence the skin's inflammatory response, leading to the development of acne lesions.

## **BIOTIN**

Biotin, also known as vitamin B7, is a water-soluble vitamin that plays a vital role in maintaining healthy skin, hair, and nails.

Biotin is naturally present in many foods, and a balanced diet typically provides sufficient biotin for most people.

Consuming excessive amounts of biotin-rich foods might lead to excess sebum production.

## **B-12**

Vitamin B12 is an essential nutrient that plays a crucial role in various bodily functions, including red blood cell production, nerve function, and DNA synthesis. While vitamin B12 is essential for overall health, there are some potential ways in which it could be related to acne.

Vitamin B12 is known to promote the growth of certain skin bacteria, including *Propionibacterium acnes*, which is associated with acne development. Increased bacterial activity could potentially worsen acne.



# HEALTHY HABITS

(skin)

## **SLS + FLOURIDE FREE TOOTHPASTE**

Perioral Dermatitis (PD) is often mistaken for acne. It is characterized by the presence of red, inflamed, and sometimes bumpy or pustular rash. If you suspect PD opt for a flouride and SLS free toothpaste.

## **LAUNDRY**

Change your sheets, especially your pillow case often. Wash everything in fragrance-free + dye free detergent. Choose fragrance-free Downey fabric softener or dryer balls to replace traditional dryer sheets.

## **PROFESSIONAL TREATMENTS**

Seeing an esthetician is an important part of maintaining healthy skin.

Professional treatments provide guidance on managing acne and planning appropriate treatments to reduce breakouts and minimize scarring.

## **ICING THE FACE**

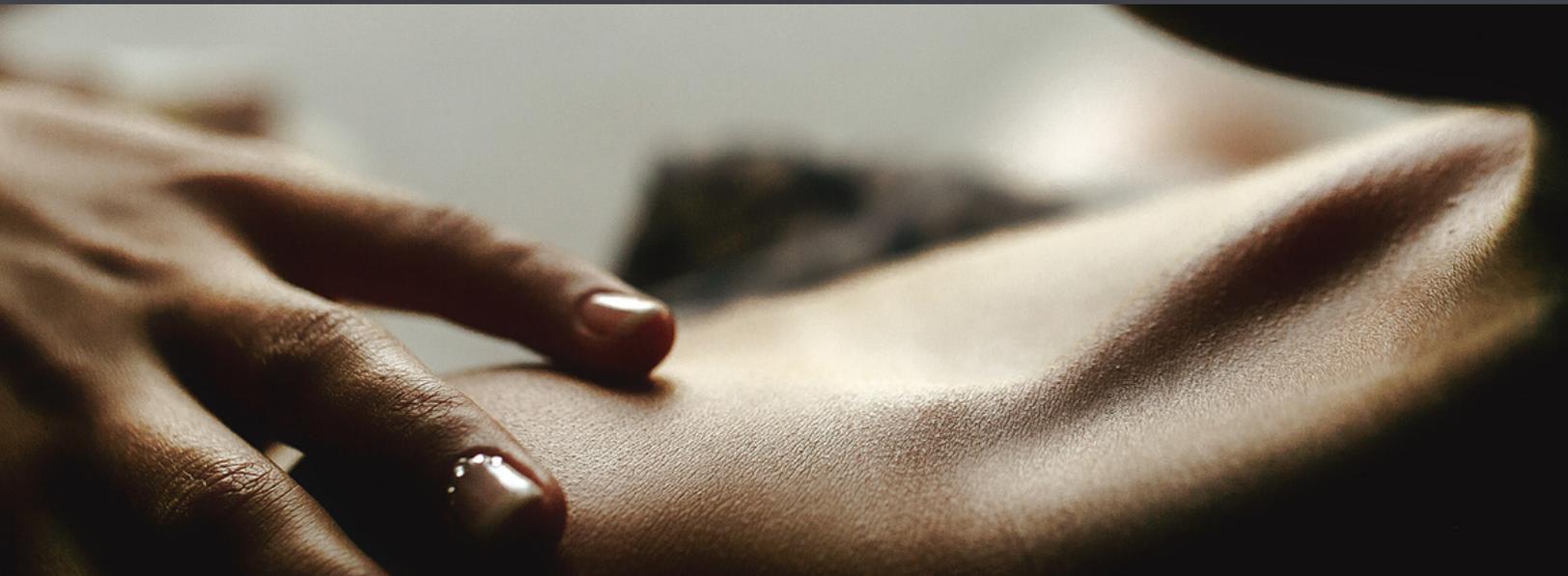
Icing the face at intervals helps reduce inflammation

## **DO NOT PICK**

Picking at acne lesions can introduce bacteria from your hands into the open skin, leading to infection and making the acne worse. It can also cause trauma to the skin, increasing the risk of scarring.

## **DO NOT OVER EXFOLIATE**

Over exfoliating the skin may cause the skin barrier to become compromised. It may also lead to inflammation, both of which may exacerbate acne.



# HORMONES

THE INTERPLAY OF HORMONES AND ACNE IS COMPLEX AND VARIES FROM PERSON TO PERSON. SOME INDIVIDUALS MAY BE MORE SENSITIVE TO HORMONAL FLUCTUATIONS, MAKING THEM MORE PRONE TO ACNE BREAKOUTS DURING SPECIFIC PERIODS IN LIFE.

## **ANDROGENS**

Androgens are male sex hormones that are present in both males and females. They stimulate the sebaceous glands in the skin to produce sebum. Higher levels of androgens can lead to increased sebum production, making the skin more prone to acne breakouts.

## **ESTROGEN AND PROGESTERONE**

Estrogen and progesterone are female sex hormones that can influence the skin's response to androgens. They can help regulate sebum production and may have a protective effect against acne in some cases.

## **TESTOSTERONE**

Testosterone is a type of androgen that is more prevalent in males but is also present in females. Increased testosterone levels can contribute to acne development by increasing sebum production and causing skin inflammation.

## **MENSTRUAL CYCLE**

Hormonal fluctuations during the menstrual cycle can trigger acne breakouts in some women. Acne may worsen before or during menstruation due to changes in estrogen and progesterone levels.

## **PUBERTY**

During puberty, there is an increase in androgen production, leading to the onset of acne in many teenagers.

## **PCOS**

PCOS is a hormonal disorder that can cause hormonal imbalances, including elevated androgen levels, leading to acne and other skin issues.

## **PREGNANCY**

Hormonal changes during pregnancy can also affect the skin and may lead to acne breakouts in some women.

# INGREDIENT REFERENCE GUIDE

BELOW IS A LIST OF INGREDIENTS WHICH SHOULD BE AVOIDED.

A & D ADDITIVE  
ACETYLATED LANOLIN ALCOHOL  
ALMOND OIL  
APRICOT KERNEL OIL  
ASCORBYL PALMITATE  
AVOCADO OIL  
BEESWAX\*  
CAPRIC ACID  
CERA ALBA (BEESWAX)\*  
CETEARYL ALCOHOL + CETEARETH 20  
CETEARETH-20  
CETEARYL ALCOHOL  
CETYL ACETATE  
CETYL ALCOHOL  
COCOA BUTTER  
COCONUT ALKANES (COCONUT OIL)  
COCONUT BUTTER  
COCONUT OIL  
COCOS NUCIFERA (COCONUT OIL)  
CORN OIL  
COTTON SEED OIL  
D&C RED (MOST PIGMENTS)  
DECYL OLEATE  
DI (2 ETHYLHEXYL) SUCCINATE  
DIOCTYL MALATE  
DIOCTYL SUCCINATE  
EICOSANOIC ACID  
ETHYLHEXYL PALMITATE  
ETHYLHEXYL PELARGONATE  
EVENING PRIMROSE OIL  
FLAXSEED OIL  
GLYCERYL STEARATE SE  
GLYCERYL-3-DIISOSTEARATE  
GLYCINE SOYA OIL (SOYBEAN)  
HEXYLENE GLYCOL\*  
HYDROGENATED VEGETABLE OIL  
ISOCETYL ALCOHOL  
ISODECYL OLEATE  
SOPROPYL ISOSTEARATE  
ISOPROPYL LANOLATE  
ISOPROPYL LINOLATE  
ISOPROPYL MYRISTATE  
ISOPROPYL NEOPENTANOATE  
ISOPROPYL PALMITATE  
ISOSTEARIC ACID

ISOSTEARYL ALCOHOL  
ISOSTEARYL ISOSTEARATE  
ISOSTEARYL NEOPENTANOATE  
LANETH-10  
LANOLIC ACID  
LANOLIN ALCOHOL  
LAURETH-23  
LAURETH-4  
LAURIC ACID  
LINOLEIC ACID  
LINOLENIC ACID  
LINSEED OIL  
MINERAL OIL\*  
MINK OIL  
MINK OIL, REFINED  
MYRETH-3 MYRISTATE  
MYRISTIC ACID  
MYRISTYL ALCOHOL  
MYRISTYL LACTATE  
MYRISTYL MYRISTATE  
OCTYL PALMITATE  
OCTYL STEARATE  
OCTYLDODECANOL  
OLEA EUROPAEA FRUIT OIL  
OLEIC ACID (IN NATURAL OILS)  
OLETH-10  
OLETH-3  
OLETH-3 PHOSPHATE  
OLETH-5  
OLEYL ALCOHOL  
OLIVE OIL  
PALM OIL  
PALMITIC ACID  
PEACH KERNEL OIL  
PEANUT OIL  
PEG 100 DISTEARATE  
PEG 150 DISTEARATE  
PEG 16 LANOLIN  
PEG 200 DILAURATE  
PEG 8 STEARATE  
PG CAPRYLATE/CAPRATE  
PENTAERYTHRITOL TETRAISOSTEARATE  
PG DIPELARGONATE  
PG MONOSTEARATE  
PHYTANTRIOL  
POLYGLYCERYL-3-DIISOSTEARATE  
PEG 16 LANOLIN  
PPG 10 CETYL ETHER

PPG 12 PEG 65 LANOLIN OIL  
PPG 2 MYRISTYL PROPIONATE  
PPG 5 CETETH 10 PHOSPHATE  
PRUNUS AMYGDALUS DULCIS OIL  
PRUNUS DULCIS OIL (ALMOND)  
SANDALWOOD SEED OIL  
SESAME OIL  
SHARK LIVER OIL  
SORBITAN ISOSTEARATE  
SORBITAN LAURATE  
SORBITAN OLEATE  
SOY OIL  
SOYBEAN OIL  
STEARETH-10  
STEARETH-20  
STEARIC ACID  
STEARIC ACID: TEA  
STEARYL ALCOHOL  
STEARYL HEPTANOATE  
SULFULATED JOJOBA OIL  
SWEET ALMOND OIL  
TOCOPHEROL (UNDER 2% MAY BE OK)\*  
TRIETHANOLEAMINE  
VITAMIN A PALMITATE  
VITAMIN E OIL (UNDER 2% MAY BE OK)\*  
WATER-SOLUBLE SULFUR  
WHEAT GERM GLYCERIDE  
WHEAT GERM OIL  
XYLENE

