

# Acne Trigger Checklist

## Understanding What May Be Contributing to Your Breakouts

**Remember:** Not every trigger affects every person. This checklist is designed to help identify possible contributors so we can create a treatment plan that works specifically for your skin.

### Hormonal Factors

1. Menstrual cycle fluctuations
2. Polycystic Ovary Syndrome (PCOS)
3. Pregnancy or postpartum hormonal changes
4. Thyroid imbalances
5. Perimenopause or menopause

### Supplements & Medications

1. High-dose Vitamin B12
2. High-dose Biotin
3. Iodine supplements
4. Whey protein supplements
5. Certain birth control pills
6. Corticosteroids (steroids)
7. Lithium
8. Certain seizure medications (anticonvulsants)

### Diet & Lifestyle

1. Dairy (especially milk)
2. High-sugar or high-glycemic foods (candy, soda, white bread, processed carbohydrates)
3. Food sensitivities (gluten, soy, etc.)
4. Not drinking enough water
5. High stress levels
6. Poor or inconsistent sleep

## **Skincare & Makeup**

1. Heavy or pore-clogging makeup
2. Comedogenic skincare products
3. Not removing makeup completely before bed
4. Over-exfoliating or overusing active ingredients
5. Dirty makeup brushes or sponges
6. Hair products getting on the face (pomades, oils, dry shampoo)
7. Fragranced products or essential oils that irritate the skin

## **Daily Habits & Environment**

1. Touching or picking at your face
2. Cell phone touching your face frequently
3. Pillowcases not washed weekly
4. Hats, helmets, or headbands causing friction
5. Working in hot or humid environments
6. Frequent swimming in chlorinated pools

## **Possible Underlying Health Conditions**

1. PCOS
2. Insulin resistance or blood sugar imbalance
3. Digestive issues or gut health concerns
4. Chronic inflammation
5. Other hormonal or medical conditions

*If you suspect an underlying medical condition, discuss it with your healthcare provider.*

## **Common Skincare Mistakes**

1. Using products that are too harsh for your skin
2. Using too many active ingredients at the same time
3. Skipping moisturizer because your skin is oily
4. Frequently changing products before they have time to work

## What You Can Control

- Follow a consistent skincare routine.
- Use non-comedogenic skincare and makeup.
- Don't pick or squeeze blemishes.
- Wash pillowcases and makeup brushes regularly.
- Stay hydrated and prioritize sleep.
- Manage stress whenever possible.
- Be patient—healthy skin takes time.

## Your Acne Journey

Acne treatment is a process, not a quick fix. Most people begin noticing improvement in **8–12 weeks** with consistency. During your consultation, we'll work together to identify your unique triggers and develop a personalized treatment plan designed specifically for your skin.

### **Dermal Botanics Skin Spa**

*Where Botanicals & Science Meet*