



DIY SKIN FIX FOR

Blemished Skin

ALL SKIN TYPES

@theglowknow

SKIN CONDITIONS

Blemished Skin

Is my skin breaking out?

Skin congestion happens when the pore/s becomes blocked with dead skin cells/excess oil and that dead skin and oil hardens to form a 'blackhead'. This can then lead to blemishes and skin breakouts. Cleansing and exfoliation are key here to keep the skin as clean as possible.

Oily skin types tend to suffer mostly from skin congestion due to the excess oil, however all skin types can suffer from blemishes and breakouts.

Signs of skin congestion;

- Blocked pores (blackheads) across the t-zone
- Blemishes and breakouts anywhere on the skin
- Tiny bumps sitting underneath the skin
- Dull skin tone
- Excess oil sitting on the surface of the skin

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Cleansing

The key to a clear skin is a clean skin. We know that skin congestion comes from excess oil, dirt & dead skin cells not being removed properly so let's make sure we are removing it all. Cleansing everyday, twice per day for your skin type and also avoid touching your face throughout the day.

Exfoliation

As well as keeping the skin clean we want to also keep it free from dead skin cell build up. We know the skin naturally sheds itself every 28 days or so but it's not enough. Dead skin left on the surface layers of the skin can become trapped in the pores and essentially cause blemishes & breakouts. Exfoliating the skin weekly - or twice weekly depending on your skin type will ensure that you're keeping the skin silky and smooth.

Types of exfoliation will also come into play depending on your skin type. If the skin is already suffering from heavy congestion I would suggest starting with a chemical exfoliant - something with AHA/BHA's. This will avoid spreading any infection across the skin and/or irritating the skin.

Glowing Skin Is Always In...

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Masquing

It pays to clay! Especially for blemished or blemish-prone skin. On top of weekly exfoliation a good clay masque is something else you can add into the mix. Kaolin Clay more specifically is known for it's drawing properties, it will literally draw out excess oil and impurities from the pores detoxing the skin. Once a week is probably enough, however if the skin is heavily congested in certain areas you can spot masque multiple times per week.

It is really important to remember to put hydration back into the skin after using a clay masque. A serum or another masque containing hyaluronic acid is the perfect way to rehydrate the skin - don't forget to moisturise too.

Glowing Skin Is Always In...

KEEPING SKIN CLEAN & CLEAR

Blemish-free

- ◆◆ Increase water intake to 2-3L per day - add fresh lemon or lime
- ◆◆ Maintain a healthy balanced diet
- ◆◆ Avoid foods high in trans-fats (you know all the good stuff)
- ◆◆ Exfoliate twice per week and introduce a weekly clay face masque
- ◆◆ Don't touch your face throughout the day
- ◆◆ Pick at least 3 alcohol-free nights per week - and enjoy them
- ◆◆ Wash your make-up brushes regularly - at least once per week
- ◆◆ Sweat it out 2-3 times per week, get rid of those toxins
- ◆◆ Commit to your skincare regime - day and night
- ◆◆ Remove your make-up every single night and always double-cleanse

PRODUCT RECOMMENDATIONS

Blemishes & Breakouts

Products suggested below are available online
www.theglowknow.com.au



♥ CLARIFYING CLAY TREATMENT MASQUE

♥ AHA COMPLEX REFINING SOLUTION

♥ MICRO-DERMABRASION 2 STEP KIT

♥ APRICOT FACIAL MASQUE & SCRUB

♥ MOISTURISING SYSTEM WITH HYALURONIC ACID

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