



# Acupuncture & Beauty Centre

**Eli Huang** (Bc Hlth Sci in TCM, Dip Beauty Therapy)

Ph: 0403 328 807 or 9728 6176

Unit 95/515 Kent St, Sydney 2000 W: [www.acupunctureandbeautycentre.com.au](http://www.acupunctureandbeautycentre.com.au)

62A Smart St, Fairfield NSW 2165

E: [info@acupunctureandbeauty.com.au](mailto:info@acupunctureandbeauty.com.au)



@AcupunctureandBeauty



#AcuandBeauty

## Tips for Acne/Blemished Skin

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>❖ Drink lots of water 2L (8 cups +)</li><li>❖ Cleanse face twice a day (am/pm)</li><li>❖ Follow proper skin care routine (mask, exfoliate)<ul style="list-style-type: none"><li>❖ Get regular facials</li></ul></li><li>❖ Use products which are oil-free only</li><li>❖ Cleanse makeup brushes, tools weekly</li><li>❖ Do not touch face with fingers unless clean</li><li>❖ Do not squeeze pimples with bare fingers</li><li>❖ Eat less spicy, sweet, oily, deep fried foods</li><li>❖ Cut out alcohol, coffee, caffeinated drinks, drugs</li><li>❖ Eat more fruit and vegetables</li></ul> | <ul style="list-style-type: none"><li>❖ Eat less tomatoes (too citric)</li><li>❖ Wash pillow case regularly</li><li>❖ Use different face towel each time you wash face</li><li>❖ Remove any last traces of makeup before sleeping</li><li>❖ Do not squeeze, pick or touch the acne/pimples</li><li>❖ Tie hair back away from face at all times</li><li>❖ Wash hair everyday</li><li>❖ Do exercise 3 times a week (eliminates toxins)</li><li>❖ Use a spatula or cotton tip when using creams in jars (no fingers)</li></ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|