



Acupuncture & Beauty Centre

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Tips for Acne/Blemished Skin

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| <ul style="list-style-type: none">❖ Drink lots of water 2L (8 cups +)❖ Cleanse face twice a day (am/pm)❖ Follow proper skin care routine (mask, exfoliate)<ul style="list-style-type: none">❖ Get regular facials❖ Use products which are oil-free only❖ Cleanse makeup brushes, tools weekly❖ Do not touch face with fingers unless clean❖ Do not squeeze pimples with bare fingers❖ Eat less spicy, sweet, oily, deep fried foods❖ Cut out alcohol, coffee, caffeinated drinks, drugs❖ Eat more fruit and vegetables | <ul style="list-style-type: none">❖ Eat less tomatoes (too citric/acidic)❖ Wash pillow case regularly❖ Use different face towel each time you wash face❖ Remove any last traces of makeup before sleeping❖ Do not squeeze, pick or touch the acne/pimples❖ Tie hair back away from face at all times❖ Wash hair everyday❖ Do exercise 3-4 times a week (eliminates toxins)❖ Use a spatula or cotton tip when using creams in jars (no fingers) |
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