

UNDERSTANDING HOW TO TREAT ACNE & SENSITIVE SKIN

by Krisstan Herrmann

Acne Vulgaris is a genetic and inflammatory disorder of the pores. It affects millions of people globally throughout all age ranges, especially teens and adults. The acne-prone individual suffers from hyperkeratinization (an excess shedding of dead skin cells). The body cannot keep up with this process so the dead skin cells then form a blockage in the pore. This forms the microcomedone, the beginning of all acne. Since the pore is now blocked, it traps sebum (oil) and the C. Acnes Bacteria. Our body's immune system will then send troops to kill the acne bacteria and stop them from proliferating. Other factors contribute to acne formation such as inflammation, diet, and certain lifestyle habits. Acne clearing requires prevention and healing both internally (gut/immune health) and externally (skincare).

HOW TO TREAT ACNE & SENSITIVE SKIN

When treating acne-prone skin, most clients can be sensitive/sensitized. That can be due to the use of harsh products, over-exfoliation, allergens, hormones, diet, genetics, etc. Therefore, healing the skin barrier should always be the first priority! Our skin requires hydration, moisture, and protection in order to function properly. It is recommended to use a gentle routine for the first 2-4 weeks if a client's barrier is compromised. This will allow the

client's skin to be in a healthier state to start using more active ingredients such as Salicylic Acid or Mandelic Acid. These ingredients will help to break down dead skin cell build up, kill acne bacteria, control sebum production, and reduce inflammation/redness.

BENEFITS OF USING HALE & HUSH FOR ACNE

Hale & Hush is effective for treating acne-prone and sensitive skin because all of our products are loaded with anti-inflammatory ingredients. We also help to reduce redness and irritation. Below are products we recommend from our Acne Kit to treat acne! Of course, you can always customize this to the client's skin type and needs.



Quiet Wash is a gentle gel cleanser that will help remove dirt, makeup, and excess oil without leaving the skin feeling tight or dry. It also helps to fortify our cells and support the skin's barrier function while providing hydrating and anti-inflammatory benefits.



Second is **Clear Future Toner**. It is great for acne-prone skin since it contains 2% Salicylic Acid. Salicylic Acid is a great Beta Hydroxy Acid (BHA) to use for unclogging pores, reducing inflammation, and controlling sebum production. Thanks to the Lilac Stem Cells in Clear Future Toner, this product is also great at addressing fungal acne!



After Clear Future Toner, we recommend **Rare Mandelic Serum**. This product is one of the star players in our Acne Kit because it helps to reduce acne, hyperpigmentation, inflammation, and scarring! It has 8% Mandelic Acid, which is a gentle Alpha Hydroxy Acid (AHA) that works to unclog pores, control sebum, and even the skin's tone and texture.



Next is **Hush Hydrate Gel!** It is a powerhouse at reducing redness, calming inflammation, relieving irritation, and providing hydration to the skin. It contains healing ingredients such as Aloe and Turmeric to provide anti-inflammatory and antioxidant properties. We love to call Hush Hydrate Gel our "hero product" because it always comes to the skin's rescue in times of need!



Last in our Acne Kit is our [Broad Spectrum SPF 30](#). It is a physical sunscreen with 13.5% Zinc Oxide to protect and reflect UV rays from the skin. It also contains Vitamin E which helps to support the skin's barrier and provide antioxidants to prevent free radical damage.



**LEARN ABOUT OUR
ACNE KIT AND
TRAINING AT
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CONCLUSION

Overall, acne is absolutely treatable with the right skincare routine, diet/lifestyle habits, and guidance of a licensed esthetician! Acne Vulgaris is commonly mistaken for a bacterial or unhygienic skin condition, but there is so much more to it. The disruption of the acne formation process as well as using healing and anti-inflammatory ingredients are important for preventing and treating acne! If you are interested in learning more about using Hale and Hush to treat acne and sensitive skin, check out our [advanced acne class](#) taught by our educator, Krisstan Herrmann.



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