



The Inside-Out Approach: Healing Acne Beyond the Surface

By Krisstan Herrmann

Acne vulgaris is quickly becoming one of the most treated skin conditions in the esthetics industry. Millions of people globally suffer from acne and it can occur in all genders and ages - mainly teens and adults. Acne is characterized by clogged pores that become inflamed or filled with pus causing redness and painful bumps on the skin. It not only affects one's physical appearance, but can also take a toll on one's emotional and mental health. There is currently no cure for acne, but it can be managed daily through high quality skincare products and overall health. Sometimes chronic skin conditions such as acne cannot be treated topically. Knowing how to approach acne from the inside-out through diet, skincare, and stress management is important at effectively healing and preventing it.

Preventing Acne Flare-Ups Through Diet

What we eat matters! Studies have shown that there is a correlation between our gut and skin. This is commonly known as the gut-skin connection. Our digestive system is home to a complex ecosystem of bacteria, fungi, and viruses. These trillions of microbes make up what we call the gut

microbiome. It is known to aid in our digestion, metabolism, hormone regulation, and strengthening of our immune system. Therefore, a healthy gut is important for maintaining good overall health and skin!

Certain foods can impair our gut causing inflammation and destruction of our gut microbiome. The culprits are typically foods that are highly processed or contain excessive amounts of sugar (i.e. fast food, candy, alcohol). Since one of the contributing factors of acne is inflammation, consuming anti-inflammatory foods can reduce its formation. Focusing on foods high in Omega-3s, fiber, zinc, probiotics, and antioxidants can help promote an anti-inflammatory diet. Some examples of anti-inflammatory foods are freshwater fish, chicken, fruits, vegetables, nuts, and grains.

If consuming healthy foods seems like a challenge, make small adjustments to your diet over time. Simple swaps like opting for green tea over a sugary drink or cooking at home instead of ordering takeout can develop healthier habits; and if you're not sure where to start or what changes to make to your diet, consult a nutritionist!

Avoiding Stress Breakouts

We may not think too much about it, but stress plays a major role when it comes to acne-prone skin. Stress is a normal part of being human, but when we experience chronic stress it can cause several issues for our bodies. When we are stressed, our body releases a hormone called cortisol. Cortisol is known to increase inflammation in the body, stimulate more oil production, aggravate our gut, and weaken our immune system. All of these triggers can contribute to acne formation!

Stress management is important not just to minimize acne flare-ups, but to keep our bodies strong and healthy. Managing stress doesn't have to be complicated - it can start out with just 5-10 minutes of daily breathing, meditation, or practicing a simple skincare routine. From there, you can start looking into other outlets to relieve stress such as yoga, exercise, journaling, counseling, or therapy. Most of all, do what makes you happy each day! It will go a long way for your mental and physical health.

Hale & Hush Skincare Products for Acne

Acne starts with 3 things within the pore: excess dead skin cells, sebum (oil), and acne bacteria. Acne-prone individuals suffer from retention hyperkeratosis which is an excess shedding of dead

One of the best skincare ingredients to treat acne is Mandelic Acid which can be found in Hale & Hush's Rare Mandelic Serum and Clarifying Wash. It is very gentle on the skin but effective at increasing cellular turnover, improving texture, and reducing hyperpigmentation. Mandelic also contains anti-inflammatory and antibacterial benefits making it an ideal acne fighting ingredient.



Another powerhouse for treating acne is Salicylic Acid. It is oil-soluble meaning that it helps to break down and reduce sebum (oil) production. Salicylic Acid also contains anti-inflammatory and exfoliating properties thus healing redness and clearing any congestion within the pore. Hale & Hush's Clear Future Toner contains 2% Salicylic Acid and is effective at reducing any blemishes without stripping the skin's barrier.



Lastly, charcoal is an amazing and underrated ingredient to use for combating acne. Charcoal helps to unclog and remove any deep impurities within the pores. It also has antibacterial benefits and balances oil production. The Charcoal Clarifying Mask by Hale & Hush is a beautiful whipped mask that you can use at home in-between facial treatments to address acne. It does not leave the skin feeling tight or dry but instead clean and hydrated!



If you are suffering from acne-prone skin, get with a Hale & Hush professional to obtain a customized skincare routine.

Conclusion

Acne is more than just what's on the surface. From the food we eat, to the skincare we put on, all of our body's systems are connected in more ways than we think. This is why a holistic approach to acne is sometimes needed and we need to look at both external and internal healing. In honor of June being Acne Awareness Month, try thinking of one thing you can change to better your skin and overall health. Let's continue to fight acne at the root!



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Learn more in our upcoming acne trainings:

Basic Acne & Sensitive Skin -
June 16th, 2025

Advanced Acne Solutions for
Sensitive Skin -
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