



Pustules

You must admit these can be quite tempting to squeeze, right? Especially when it the skin pops and the pus shoots out onto your mirror....SPLAT! However this isn't what I recommend. With the correct skincare, pustules will dry up and go away after some time.

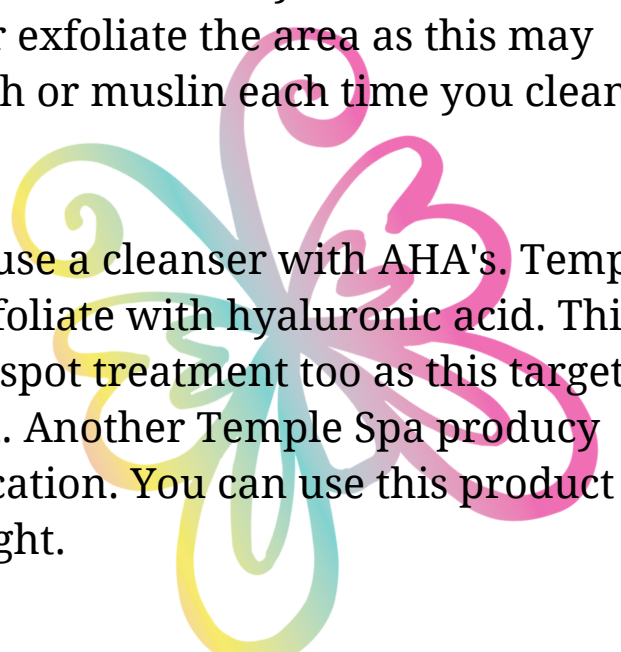
So what are pustules?

The bumps can be quite large and tender. Pustules can also be inflamed too. These are much larger than your normal whiteheads. The pus inside is due to an infection in the pore. It is made up of bacterial and immune cells. The reason they occur is due to poor skincare cleansing as your pores get clogged with dead skincells and oil hence it then gets infected.

So what can you do?

DO NOT PICK, SQUEEZE OR POP YOUR PUSTULE. As you can spread the infection around or push it further into your skin. It may also cause skin pigmentation and scarring. Try not to over exfoliate the area as this may also pop it too. Try and use a clean fae cloth or muslin each time you cleanse your face...AM and PM.

Instead when cleansing your face try and use a cleanser with AHA's. Temple Spa have a Glowcolic toner which is an exfoliate with hyaluronic acid. This product gently exfoliates your skin. Use a spot treatment too as this target specific areas and you can leave overnight. Another Temple Spa producy you can use for acne or outbreaks is purification. You can use this product and dab it into your skin and leave overnight.



If your pustule is inflamed and swelling you can apply ice onto it as this will reduce the soreness. Instead of using a towel try and use a tissue to pat down your skin. This will reduce the spread of the infection. If you don't fancy using a tissue try using a fresh face cloth each time.

Finally you can book in for a facial for a thorough deep cleanse.

So after reading the above you still have the urge to pop the little thing here are a few pointers:

- Make sure your hands and nails are clean
- Make sure you cleansed your face properly
- Best time to do it is after a shower or bath as your skin will be soft
- Take your time and gently pop the pustule by breaking this skin
- **DO NOT SQUEEZE HARD** as you may push the infection further into the skin
- Use tea tree afterwards as it is antibacterial and healing

