

SKINCARE NEWS



LET'S TALK ABOUT BLACKHEADS

Blackheads appear on your skin due to clogged hair follicles. These bumps are called blackheads because the surface looks dark or black. Blackheads usually form on the face, but they can also appear on the following body parts: back, chest and / or your neck.

Blackheads are formed when the opening of your hair follicles clogs up. Each follicle contains one hair and a sebaceous gland that produces oil. This oil, called sebum which helps keep your skin soft. Dead skin cells, make up, daily grime like pollution and oils collect in the opening to the skin follicle, producing a bump called a comedone. If the skin over the bump stays closed, the bump is called a whitehead. When the skin over the bump opens, exposure to the air causes it to look black and a blackhead forms. This is oxidation.

HOW TO GET RID OF BLACKHEADS

Cleanse morning and night. Even if you do not wear makeup, pollution and daily grime can still cause blackheads.

Also use an exfoliant suitable for your skin. Be sure to use a face exfoliant and not a body one. A face exfoliant grains will be finer. If you have sensitive skin why not add a pump of cleanser to soften the application. A body scrub is too harsh for your face.

DO NOT squeeze them with your fingers as this may cause an infection and maybe scarring. If you wish, you can use an extractor tool however it is best to have regular facials and let a professional remove them for you.

For more info on what products is best to use feel free to contact me.

