

# Your Ultimate Guide to treating acne



## FIND OUT

The many factors that may be impacting your acne, the types of acne and treatments and products available for managing this common condition.



### Beat the blackheads

Can blackheads be managed at home with JUST skincare? Skip to page xx to find out



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# What is acne?

Acne is the most common skin disease in adolescence and is just as problematic amongst adults.

Acne causes skin various skin lesions and inflammation on the face and body, can appear in waves or as a constant manifestation.

More than 90% of the global world population are said to be affected by acne at some point in their lives.

A woman with curly hair looking down, with text overlay.

**Acne is most commonly  
found on the face, back &  
chest**

About 60% of people with adult acne turn to non-prescription treatments to improve the condition.

Depending on a number of factors, acne can also cause skin scarring and have a negative psychological impact too. Research tells us that acne can impact our self esteem and image, and increase risk of depression and anxiety.

# Types of acne

Generally, there are many various types of acne such as:

## **ACNE CONGLOBATA**

A highly inflammatory disease found mostly in men as it associated with testosterone hormone.

## **ACNE COSMETICA**

Acne caused or aggravated by cosmetics.

## **POMADE ACNE**

Acne that occurs on the scalp and responsible for closely packed open and closed comedones across the hairline.

## **ACNE CHLORACNE**

Eruption of blackheads cysts and pustules thought to be caused from the inhalation or ingestion of chlorine. ,

## **ACNE MECHANICA**

Caused by repetitive skin trauma or rubbing, from things like sports equipment, clothing or hat wearing.

## **ACNE MEDICAMENTOSA**

Acne caused or aggravated by medication.

## **ACNE KELOIDALIS NUCHAE**

Destructive scarring folliculitis condition, that occurs on the back of the scalp, mostly found in men.

But it is **ACNE VULGARIS** that is the most common acne, present in 99% of acne cases, differentiated mainly based on the type of lesion.



# Types of acne lesions



## Blackheads

*Also known as an open 'comedone'*

Blackheads occur when a pores is clogged with sebum & dead skin cells. Mostly found on the nose, but can appear anywhere on the face and body.

The top of the pore stays open, which results in a black colour on the surface.

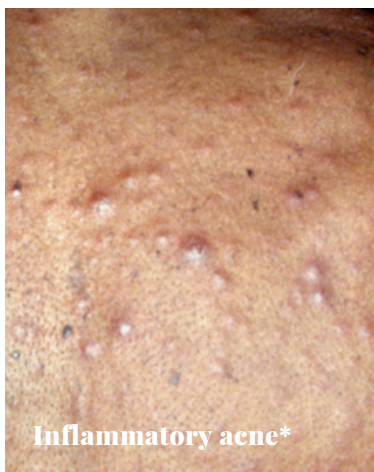


## Whiteheads

*Also known as a closed 'comedone'*

Very similar to blackheads, except the top of the pores closes up which causes a small bump protruding from the skin.

This small bump is usually white in colour and quite often easily extracted from the skin's surface.



## Papules

Papules occur when the walls surrounding the pores break down from inflammation.

Papules are hard and often tender to touch, and the surrounding tissue is usually pink.

# Types of acne



## Pustules

Pustules also form in the same way papules do, when the walls surrounding the pore break down due to inflammation.

Pustules are much larger than a whitehead and always filled with a yellow or white-coloured pus.



## Nodules

Nodules occur when clogged, swollen pores become irritated and grow in size.

They are located much deeper in the skin compared to other acne and tend to be extremely painful.



## Cysts

Cysts develop when pores are clogged from bacteria, sebum and dead skin cells and are situated even deeper in the skin than nodular acne.

This is the largest form of acne and their formation usually results in infection. More likely to scar.

# Grades of acne

Acne grading systems have been available since the late 50s, so that professionals can clearly define the severity and type of acne a patient has.



**Grade 1**

Non-inflammatory  
acne with a few  
pustules



**Grade 2**

Comedones,  
papules and a  
few pustules



**Grade 3**

Large  
inflammatory  
papules, pustules  
& a few cysts



**Grade 4**

More severe, with  
mostly cysts  
present

The grade of acne is defined  
through physical observation  
and consultation.

Your individual acne grade can  
alter throughout the year as  
our environment and weather  
changes.

# Causes of acne

**It's easy to forget our skin is the largest organ on the human body.**

**How it behaves is dependent on many factors, not only skincare and professional treatment.**



**Acne forms following a number of intracellular changes in the skin:**

**Overactivity of  
the sebaceous  
gland**



**Pores get  
blocked**

**Debris & bacterium gather,  
leading to non and  
inflammatory acne**





# Acne influences

## Sleep

Research has shown us how much and the quality of our sleep affects skin disease.

This is because whilst we sleep the body secretes hormones designed to help restore and repair the body. **Sleep disruptions can lead to an increase in cortisol which leads to skin inflammation and poorer wound healing -** symptoms associated with acne and rosacea.

## Hormones

More commonly, hormonal changes in the body have a mutual influence on acne. Androgens represent the most important of all hormones regulating sebum production and from puberty, **androgens stimulate oil production and acne formation** in both men and women.

For women, pregnancy and menstruation can contribute to the development of acne.

## Diet

Although acne is influenced by many things, your diet and gut health plays a significant role in acne.

**Compelling evidence shows us how a high glycemic diet can aggravate acne.** This is clear when we see that indigenous populations with a low glycemic diet experience no acne at all, compared to much higher, prevalent numbers in Western society.

## Health

How healthy we are impacts our skin, wound healing and inflammatory response. When other organs and part of our immune system become compromised, so does our skin.

Some evidence has displayed how in particular, **liver, kidney and intestinal dysfunction can cause affect breakouts**, however more research is required.

# Causes of acne

## Medications

Some medications that contain lithium, androgenic steroids, DHEA and oral corticosteroids, can stimulate acneic eruptions, often in the form of papules and pustules.

This can happen due to the effect these medications have on the immune system/hair follicle and stimulation of insulin-like growth factor.

## Cosmetics

If you are using a cosmetic unsuitable for your skin type, you can experience breakouts.

## Lifestyle Habits

## Stress

**This is why it is important to have a consultation prior to any professional skin treatment to establish what influences may be causing your acne.**