

# The truth about blemish-prone skin

## From debunking common myths to understanding causes and effective skincare ingredients.

*Section: Focus area stories*

What is blemish-prone skin?

It may be a common skin problem, but there are a lot of breakout myths out there. Blemishes are what happens when oil and dead skin cells block up hair follicles, causing inflammation and pimples.

What causes blemish-prone skin?

“It’s a teenage thing”

Anyone can get spots

Blemishes can appear in adult life too and can be distressing at any age. Hormones, medicines, diet and genetics can all trigger it. Look for products that reduce oil, provide lightweight hydration and prevent future breakouts.

“Pop the problem”

Leave it alone

There is no right way to squeeze a pimple: it causes inflammation and makes scarring likely. Target those spots with salicylic acid products and try a spot corrector for post-breakout blemishes.

“Facial oils cause breakouts”

Facial oils cause breakouts

Oily skin means spots, right? It’s not that simple. Non-comedogenic facial oils are very different to the oil your skin produces. And by hydrating and improving the natural barrier, they can make a big difference. Use 2-3 drops after cleansing.

The ingredients you need for blemish-prone skin

Salicylic acid

Salicylic acid can be beneficial for unclogging pores and reducing the appearance of comedones (whiteheads and blackheads).

Niacinamide

Niacinamide is a powerful blemish-buster that eases inflammation, kills bacteria and controls sebum production.