

# The truth about pores and blackheads

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

*Section: Focus area stories*

What are pores and blackheads?

Your pores are amazing. They keep you cool, flush out dirt and deliver oils with the help of sebaceous glands. So it's unfair that they get a bad rap. When we talk about pores, we usually mean they're blocked or 'too' visible – this is normal, but it can be managed.

What causes pores and blackheads?

“A splash of cold water will close your pores”

Not true. It might wake you up though

Unlike muscles and blood vessels, pores don't respond to cold. An icy splash is great for a wake up, or for calming a pinky face, but lukewarm water is a better BFF for pores.

“Sunscreen clogs up your pores”

Modern sunscreens are way ahead of this one

They're designed for all skin types so are unlikely to be clogging. If your skincare instinct tells you otherwise, try a thinly-textured SPF and make sure to remove sunscreen and make up at the end of the day with a cleanser.

“Blackheads are caused by 'pore' hygiene”

That little dot isn't dirt

It's oxidation. It happens when air hits melanin and it's as natural as an apple turning brown. YES, cleansing is important, but you should tackle blackheads 'head on' with the right skincare ingredients instead.

The ingredients you need for blackheads and pores

Niacinamide

Niacinamide is more than a nice to have. This vitamin B is known for its versatility: it tackles oil production and inflammation and builds up the skin barrier.

Salicylic acid

This beta-hydroxy acid (BHA) is a blackhead's worst nightmare. It penetrates oily pores, exfoliates and dissolves sebum. Result? Smoother skin texture and fewer blackheads.