

# KICK ADOLESCENT ACNE



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Proper cleansing and hygiene is extremely important at any age!

Using the correct product to control the PH is essential in treating acne. It is your responsibility to practice proper hygiene.

Use a clean white washcloth twice daily.

Avoid picking your zits to prevent the spread of bacteria and breakouts.

Shower, shampoo hair, cleanse face and body after any sports event or workout.

Wear a headband to bed to keep your hair off of your forehead and your cheeks. Wear a clean white cotton t-shirt to bed if acne is on back, chest or shoulders.

Change your pillowcase twice a week.

Choose food and skin care products that have organic ingredients that are safe, nontoxic and do not promote acne.

## BONUS

One of my recommendations for a post cleansing solution is organic Apple Cider Vinegar (ACV) with the “mother” in it. The term “mother” simply means that the ACV is unfiltered and retains multiple nutritive benefits. In a new clean bottle with flip cap, dilute 1-part ACV to 5 parts distilled water. Apply to skin on a 100 % cotton. I prefer the flat round or square cotton rather than cotton balls. Apply to clean face, neck and behind the ears and allow to air dry. Use 1 to 2 times daily, followed by an oil free moisturizer.