

## pop the question

We asked skincare professionals some of the most common acne-related questions spa-goers ask when visiting spas for treatment. Here they provided responses you can share with your clientele.

**Is it okay to pop pimples?** “This will only make acne worse. Picking can spread acne-causing bacteria and squeezing can spread infected material deeper into the skin, causing more inflammation and even scarring.”—*Lydia Sarfati, founder and CEO, Repêchage, and a master esthetician*

**How often should I get a facial?** “That depends on the skin condition. For acne, it should be every two weeks for two to three months.”—*Ada Lamela, director of education for the U.S. West Coast and global corporate educator, Pevonia International and Medicalia International*

**How long should I remain red or irritated after a treatment? What are some things I should stay away from after treatments?** “We usually tell patients that it depends on the treatment. For microneedling, certain lasers, and chemical peels, it’s



Microneedling is often used to treat acne scars.

three to five days. Things to avoid are prolonged sun exposure, as this may cause darkening of skin called post-inflammatory hyperpigmentation; retinoid products, which prolong healing time; and thick creams, which may cause an acne outbreak.”—*Richard Torbeck, M.D., board-certified dermatologist, Advanced Dermatology PC (multiple locations in New York)*

**Do lifestyle choices affect my acne?** “Healthy lifestyle choices can actually promote skin health. Exercising increases blood flow, which provides both oxygen and nutrients to cells and carries away waste products. Exercise has also been proven to

alleviate stress, which can cause unpleasant effects on the complexion such as acne.”—*Kimberly James, licensed esthetician and corporate educator, Image Skincare*

**What could be a factor causing breakouts when my diet is good, and I keep my skin very clean?** “Acne is from something toxic in your environment, it is not about cleanliness. You can eat well now but have an issue from earlier dietary habits or exposure to something that is more toxic than you realize.”—*Ben Johnson, M.D., founder and chairman, Osmosis Skincare*

**Are ultrasonic or LED-based therapies painful?** “Ultrasonic waves of 28,000 ultrasonic vibrations per second painlessly extract blackheads. LED blue and LED red light therapies may feel warm on skin but not uncomfortably so.”—*Janel Luu, CEO, Le Mieux Cosmetics and PurErb*

**How long before I will see results?** “I tell clients every skin is different, but if they follow their treatment plan, prescribed homecare system, avoid picking, and follow any other care instructions, they’ll start to see results within a few weeks. I also like to reassure them that they’re taking the first critical step in restoring their skin to optimal health, and we’ll work together to achieve clear, beautiful skin.”—*Shannon Esau, CEO and national educator, Rhonda Allison Cosmeceuticals*

## HOPE ON THE *horizon*

Acne is a condition that most people will deal with at some point in their lives. While there are myriad devices, treatments, and products available to help treat acne, scientists are constantly working to come up with new

ways to cure acne. There’s been a lot of buzz recently about an effective and safe vaccine that is being developed to treat acne. Researchers found that acne is caused by an overgrowth of *P. acnes* bacteria in the skin, which releases a toxin that leads to inflammation. The vaccine works to create antibodies that get rid of this toxin and reduce inflammation in acne lesions. It is still unclear when the vaccine might be available, but when it does, it is sure to be a game-changer. ●

