

**A+ answers** to your most burning blemish Q's...

**“When should I see a dermat?”**

**Good news:** Over 80 percent of acne will clear up with over-the-counter treatments. Once you start your regimen, it just takes time (like two months of consistent use) to see results. “Start with salicylic acid wipes or toner, then add benzoyl peroxide cream treatments or adapalene after a few weeks,” recommends Dr. Viselav Tonkovic-Capin of [dermboard.org](http://dermboard.org). “If you don't see improvement with OTC products after that time, or if you are developing scarring, see a dermatologist to discuss the appropriate routine and possible prescriptions.”

**“Does my food affect my face?”**

Relax—you can keep noshing on your french fries and chocolate (as long as it's in moderation). “The data at this time shows that specific foods do not play a major role in causing acne,” says Dr. Richard Torbeck, a dermatologist with Advanced Dermatology PC. “Eat a healthy, balanced diet and there's not much to worry about.”

**“Are natural skincare remedies better?”**

Plant-based products are def trending RN, but remember that “natural” doesn't necessarily mean safe, and “synthetic” doesn't necessarily mean dangerous. (Think about it: There are *\*plenty\** of poisonous things in nature, right? But lots of ingredients made in a lab are thoroughly tested to be gentle and effective.) “I see a lot of patients who develop skin irritations from ingredients like tea tree oil, witch hazel and rose hip oil,” says Dr. Torbeck, who mentions that the problems often are caused by the way the products are manufactured. Botanicals are potent and powerful—so make sure to pick products that have been tested in a lab (you *\*really\** don't want to DIY when it comes to your face, trust) and always spot-test before applying.



**“My sensitive skin is obsessed with Biossance. I love knowing the ingredients are completely clean, but still backed by clinical testing.”**  
 —Kelsey, GL's beauty director  
 Squalane + Tea Tree Detox Mask, \$39, Sephora



**BREAKING BEAUTY NEWS**

**Are you under age 12? The truth about TWEEN acne**

A new report from UCAL, San Diego shows that blemish-causing bacteria is different between *pre-teen* skin (ages 7 to 12) and *teenage* skin. If you're 7 to 12 and experiencing early-onset acne, seek out a specialist who understands the key differences in how to treat tweens vs. teens.



**3 SNEAKY WAYS TO NIX ZITS**

**1. SWAP YOUR SHAMPOO.**

Make sure all your shower suds are non-comedogenic, meaning they won't clog your pores and contribute to breakouts (on your face, back or booty).  
 Seen Skin-Caring Shampoo (\$29) and Conditioner (\$26), [helloseen.com](http://helloseen.com)

**2. CLEAR UP WITH COVER-UP.**

We're 100 percent here for a glowy foundation that actually

*\*improves\** skin in addition to offering an instantly flawless finish. This one uses salicylic acid to zap zits and eliminate oil.  
 Neutrogena SkinClearing Liquid Makeup, \$14, Target

**3. DITCH THE DARK SPOTS.**

Is the shadow of a past pimple still haunting you? Get the skin-boosting benefits of micro-needling technology with a tiny patch that allows for deeper ingredient absorption—meaning brighter skin...sooner.  
 Peace Out Dark Spots, \$28, [peaceoutskincare.com](http://peaceoutskincare.com)