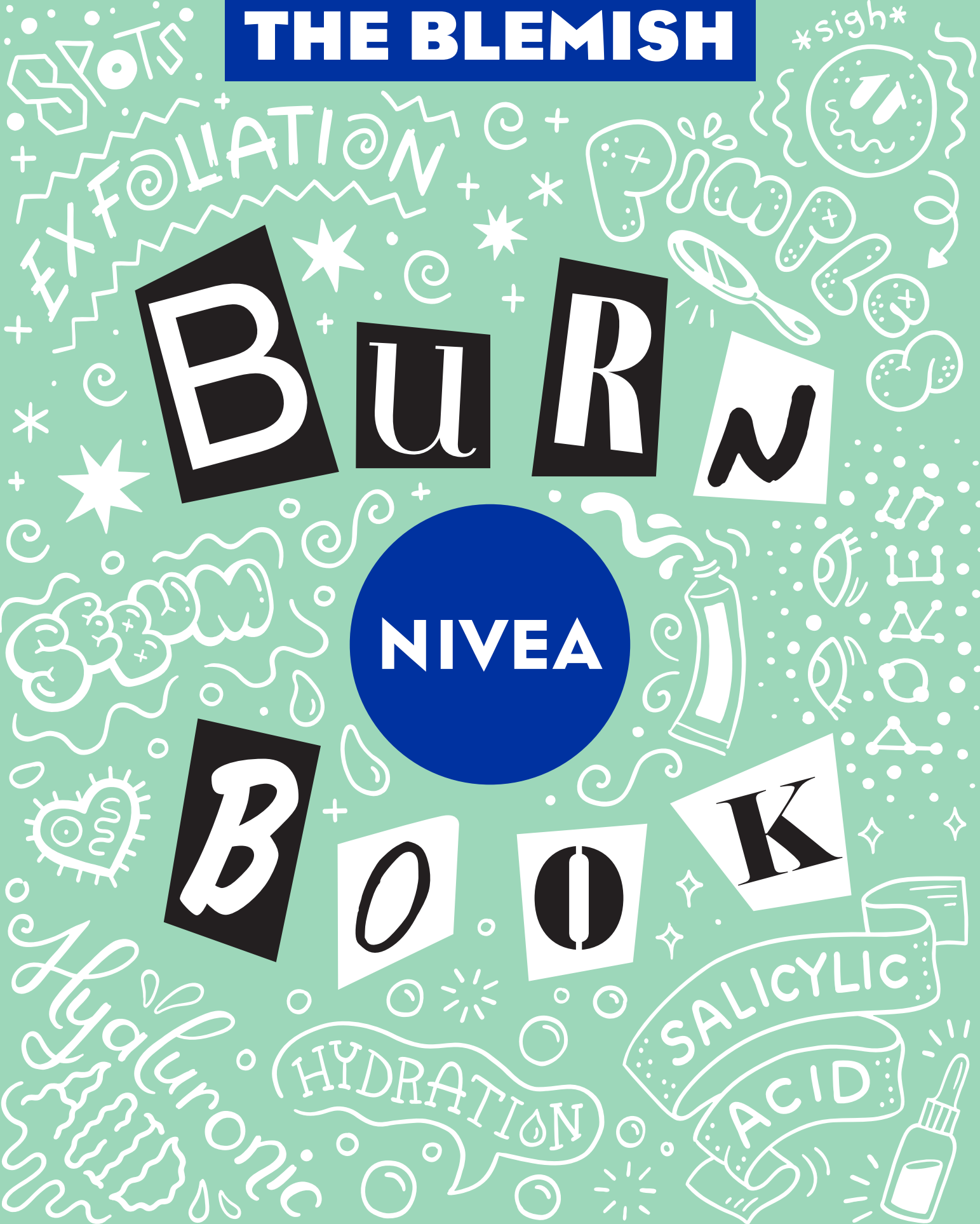


# THE BLEMISH

**B** **U** **R** **N**



**B** **O** **O** **K**



# ED'S LETTER



Foyin Ogunrombi

Read more about the Pimple positivity movement here

**Pimples.** Everyone gets them. Some of us struggled with our skin during puberty when hormonal changes occurred in our bodies, while others have experienced issues with pimples during what's informally referred to as a 'second puberty', when changes in the body, caused by various factors, result in pimples. Others get the odd blemish or two (or three, or four) whenever our period comes around or when we have a big assignment due. And sometimes they just keep showing up, which is frustrating when you've been told it's something you'll grow out of. The way pimples are spoken about can sometimes make you feel like they're something you need to hide or be ashamed of, as if you did something wrong and the pimples are a badge of shame when, in reality, it's something normal and a part of life. We can all relate to the irritation or even pain of a pimple popping up, and it's unfortunate that we don't always know what to do when that happens or why it happens in the first place.

But here's something that I want you to know: in this house, we don't pimple shame.

It doesn't matter what your skin looks like or why, we're here to help you with understanding your skin and coming up with solutions, if that's what you're looking for.

## MEET THE NIVEA CLEAR UP CLASS

The **NIVEA Clear Up Class** is a place for pimple positivity and education. But what exactly does that mean? Pimple positivity started as a movement in the late 2010s to normalise pimples in the media and to increase skin acceptance in every phase of your life. Not everyone walks around with perfectly smooth skin without a blemish in sight; however, looking at the images portrayed in movies, TV shows, adverts and social media posts, it often feels that way. It gives the impression that there's something wrong with us if the way we look does not live up to that standard. I'm here to tell you that that's not true! We all have different skin types and skin conditions, and we experience different hormonal and environmental factors. And all of this informs what our skin looks like on any given day. You don't need to feel like you must shy away from life every time a zit makes an appearance on your face. That's what pimple positivity is all about. It's a concept aimed at showing you that you're allowed to take up space and be visible, even when you're breaking out. You shouldn't be made to feel less than or undeserving just because you have pimples.

## SO, WHO IS THE NIVEA CLEAR UP CLASS?

We're a group of skintellectuals who understand the questions that you're asking and we're here to help you find some answers. We're here to create a positive, inclusive and welcoming space where you can learn more about your skin and how to handle your breakouts. We've created the Blemish Burn Book not to talk down to anyone, but to help you unlearn all the misinformation and negativity that's followed you throughout your skin journey. We want to burn all those toxic myths that make you feel like pimples are the consequence of cheating on your diet or wearing too much make-up. We're here to give you the facts and eliminate the stigma associated with pimples so that you can live your best life.

Get your notes apps ready because the **NIVEA Clear Up Class** is officially in session!



NIVEA

## SKIN CARE MYTH #1

# Step away from the mirror! Popping that zit is a really

*And, as satisfying as it might be, the truth is you run the big risk of causing lasting damage.*

# bad idea



### We've all been there.

You wake up one morning and look in the mirror only to come face to face with a squeezable zit that's taken up residence on your skin overnight. For most people, their first instinct is to pop it. (For those who can resist, are you okay? LOL!) No one likes the idea of walking around with visible whiteheads and blackheads, but if you are squeezing your spots thinking that this is how you get rid of your breakouts, you've got the wrong understanding of how to treat spots. And, as satisfying as it might be, the truth is you run the big risk of causing lasting damage.

The first reason that popping pimples is a bad idea has to do with the fluid inside of them. When it comes to hard-to-resist whiteheads – something that occurs when the hair follicles become inflamed and infected – they generally contain pus. Eww, but true. This pus contains microscopic bacteria that, if spread across your face, can lead to further breakouts. The act of squeezing can also push the pus down deeper into your skin, causing the area to become more red and angry.

Your fingers are also a hotbed of bacteria and having them come into contact with a raw, freshly popped zit, and the exposed wound it creates, can spread germs from your hands onto other parts of your face. So it's not just a gross habit, but also counterproductive, and this seemingly 'quick fix' can lead to long-lasting problems. Don't be fooled!

Need another reason? Scarring. Yes, sometimes even if you leave your spots alone, you can still be left with some dark marks. This is known as post-inflammatory hyperpigmentation and using certain skincare ingredients can fade them over time. But when you pick at your blemishes, you are WAY more at risk of developing scars, which can appear as dents in your skin or raised bumps. These are a lot more difficult to treat, as there has been more trauma to the skin and will make your complexion – even without zits – look less than flawless.

**As the old saying goes, 'Prevention is better than cure.' In other words, taking good care of your skin can limit the occurrence of blemishes on your skin and, therefore, you will have less temptation to pop. Create and adhere to a consistent skincare routine with products that contain ingredients designed to clear up spotty skin while keeping it soothed and moisturised. By doing this, you stand the best chance of achieving your clear skin #goals.**



NIVEA

## SKIN CARE MYTH #2

# NEWSFLASH

## Drying out your skin is not going to make it look better

**When you sprout a new spot, does your family ever tell you to put a blob of toothpaste on it and leave it overnight?** Or maybe a paste made from bicarbonate of soda and water? Or maybe even a squeeze of fresh lemon juice? They might mean well, but they are sadly very mistaken if they think that these ingredients are a legitimate method for getting rid of zits. It comes from the misconception that using drying ingredients will absorb excess oil from your pores (which it will, but to your skin's detriment) and 'dry out' pesky whiteheads. This is often linked to the same bad-for-you belief that people with oily skin shouldn't wear moisturiser as the grease keeps their skin sufficiently soft and supple.

Well, consider both of these theories debunked because this isn't going to make your skin clear. Yes, you read that right. Instead, it can lead to a whole lot of other problems. The biggest one is that these strong, concentrated ingredients can aggravate your skin, leaving behind, at best, discolouration but even scars, and they are much more long-lasting and harder to diminish than a breakout. What's more, you can also compromise your skin's protective

barrier, which can result in further irritation and – drumroll – more pimples!

### WANT THE TRUTH?

All skin types – yes, even the oiliest ones! – can benefit from using a moisturiser. It all just comes down to selecting one designed with your skin type in mind. A rich, thick formula might not be the best fit if you tend to get greasy, so look for something lightweight and non-comedogenic that won't clog your pores or feel heavy on your skin. As far as ingredients go, salicylic acid is the gold standard when it comes to balancing sebum production, banishing breakouts and keeping skin clear.

An ingredient that works well in conjunction with salicylic acid to replenish any lost moisture is hyaluronic acid – a powerful but gentle molecule that can hold one thousand times its weight in water. When applied to damp skin, it traps the excess water to keep skin hydrated for longer, counteracting any drying effects. This way, you get all of the clarity and all of the glow at the same time. #Winning!



# The 6 different types of pimples

# EXPLAINED

When it comes to pimples, it often feels like a zit is a zit and there's nothing more to it – an annoyance on your face that somehow always picks the worst time to appear, leaving you looking like Rudolph, the Red-nosed Reindeer – on your birthday! But with more knowledge comes power. It's time to break down the different types of pimples (so you know exactly what you're dealing with) and how to tackle them. Let me walk you through a little pimple journey...

## 1. BLACKHEADS

These are open comedones. A comedone is made up of follicles beneath your skin that have openings, i.e. your pores. When these follicles are large, they can become clogged with sebum and when exposed to air, they change colour to become blackheads.

## 2. WHITEHEADS

AKA closed, flesh-coloured comedones filled with sebum and dead skin cells. When your pores are smaller, air can't react with the bacteria under your skin, so the colour of your bump doesn't change, making it a whitehead.

## 3. PAPULES

A bump under the skin's surface caused by a clogged pore, leaving a spot that's tender, raised and a bit inflamed but with no discernible head, i.e. a white, black, or puss-filled blemish.

## 4. PUSTULES

A progression from a papule – these are filled with sebum, dead skin cells and pus. They have a pretty obvious head that's usually white or yellow.

## 5. CYSTS

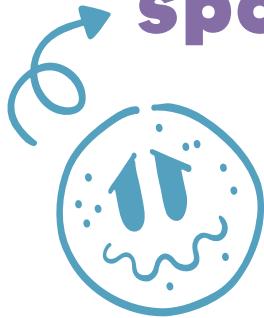
A severely swollen nodule. These are large, red, or white fluid-filled lumps that are often painful to the touch. The most frustrating part about is that they can also damage healthy skin tissue, causing deep scarring.

## 6. NODULES

These occur when clogged, swollen pores that are deep beneath skin get even more irritated and start to swell. They can also be filled with pus, but because they're so deep, you can't quite see a whitehead.

NIVEA

# Meet salicylic acid: your spots' worst nightmare and your skin's



# B|F|I

**When it comes to treating spots and keeping your skin clear, there are few ingredients that do it better than salicylic (pronounced 'sallillick' - you can do it!) acid.** This common skincare ingredient for problem skin is what's known as a beta-hydroxy acid, or BHA, and is extracted from the bark of the willow tree. Historians believe that it has been used for thousands of years to keep skin in good condition and remains the gold standard today. And there's a reason for that.

## HOW DOES IT WORK?

As a BHA, salicylic acid works by penetrating deep into

your pores to sweep them out and dissolve away dead skin cells, preventing them from becoming clogged with sweat and oil. As such, it is considered a peeling or exfoliating ingredient. If you don't exfoliate regularly and your hair follicles do become blocked, you are at risk of developing blackheads, whiteheads and pustules. No, thanks!

While this ingredient is pretty miraculous, don't expect to see results

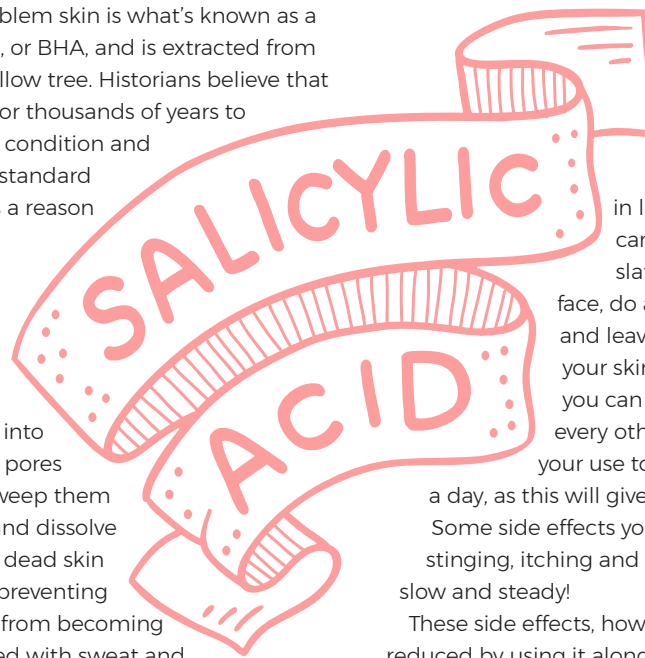
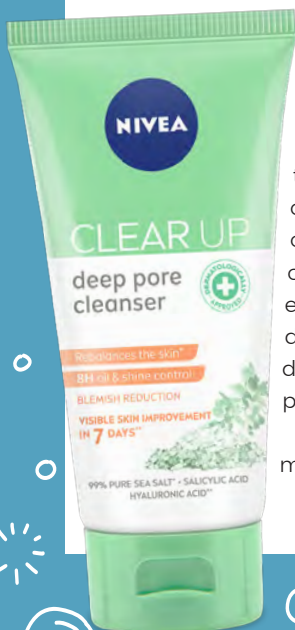
after just one use. You should start to notice an improvement in the clarity of your complexion after six weeks of use as part of a consistent skincare routine – that means twice a day with water and quality products.

## ANYTHING YOU SHOULD KNOW ABOUT?

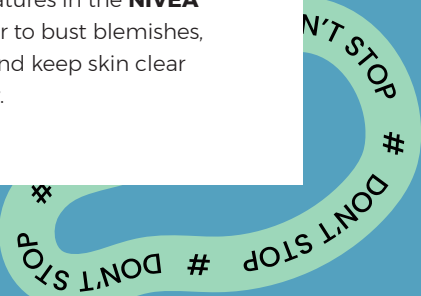
Like many good things in life, too much salicylic acid can be bad for us. Before you slather a load of it on your face, do a patch test on your arm and leave it overnight to see how your skin reacts. All clear? Then you can start using your products every other night before increasing your use to once a day, then twice

a day, as this will give your skin time to adjust. Some side effects you may experience include stinging, itching and flaky, peeling skin. So go slow and steady!

These side effects, however, can be drastically reduced by using it along with gentle, hydrating ingredients that can prevent moisture loss. One of the best in the biz is hyaluronic acid, a molecule that derives from nature and has the ability to hold enough water to retain it in your skin all day. This winning combo, which features in the **NIVEA Clear Up range**, works together to bust blemishes, prevent and soothe irritation and keep skin clear and hydrated all day, every day.



NIVEA



# How I learnt to embrace and manage my pimple-prone skin

*NIVEA Clear Up Interview  
with Kendra Hunsley*



*Kendra Hunsley*

**Learning how to love your skin while managing your breakouts is something that's an ongoing journey, and there's no one better to give us a bit of insight into that than Kendra Hunsley.** A consumer and trends analyst by profession but a lifestyle and beauty content creator at her core, Kendra is in her early 30s yet still battles with breakouts that try to get in the way of her confidence. We got to chat to her about her skincare story and how she managed to find her feet in the busy world of skincare buzzwords.

**Q When did you realise that your skin was blemish-prone?**

**A** I had a very rude awakening a few years ago, around the age of 26, when I experienced the worst pimple breakout of my life. It was so confusing to me because, at the time, I didn't really know much about adult breakouts. Since then, I've had to switch up my skincare routine and tailor it to my skin. It was a huge adjustment, but I like to think that I am now more educated on what works for my skin and what doesn't.

**Q How did the relationship with your skin change as you grew up? And now, as someone in her early 30s who still experiences breakouts, how is your attitude towards them?**

**A** To be completely honest, my self-confidence has taken a knock due to having pimple-prone skin in my adult years, especially when I have a breakout. So, I really do appreciate the self-love rhetoric, especially in the age of social media. However, we also can't ignore the huge effect that the state of your skin has on your self-confidence. As a content creator who finds herself constantly in front of the camera, the

way my skin looks matters to me. I don't really want to take [photographs for my] content when I am experiencing a breakout, but I have to remind myself that it is also important to show up as my authentic self. I really don't owe anyone clear skin, and there are so many people who have blemish-prone skin. It is a normal part of life.

**Q What were some of the best and worst at-home remedies you tried?**

**A** Oh, my goodness! I went through an all-natural skincare phase. To be fair, there isn't anything wrong with these products, and many people have seen favourable results from them. However, I didn't exercise due diligence in understanding the ingredients and why I was using those products in the first place. As someone with blemish-prone skin, it is important to use ingredients that are non-comedogenic. I didn't have that education then, so I was putting all these oils on my face. I used to do DIY masks at home, the turmeric, honey and lemon mask specifically. Now I focus more on scientifically proven ingredients as I feel these work best for my skin.

**Q What are some of the game-changing ingredients you've been exposed to?**

**A** So many. I really take the time to educate myself on skincare ingredients. I've learnt the importance of hydration for all skin types. My favourite ingredients for my blemish-prone skin are salicylic acid, retinol, azelaic acid and hyaluronic acid, to name a few. And the most important product of all? Sunscreen! It is non-negotiable and should be a part of everyone's skincare routine.

## \* Is hyaluronic acid good for

# Pimples

**Hyaluronic acid is a buzzword in the beauty world that you've probably heard of before, but I'm sure you haven't heard of it in the context of pimple treatment and prevention.** People tend to believe that if you have spot-prone skin, you need to avoid hydrators and moisturisers because they're going to make your skin greasy and cause you to break out even more. But what if I told you that this may not be true? And before you become sceptical, like they say on TikTok, you're going to have to let me cook.

### WHAT IS HYALURONIC ACID?

Hyaluronic acid is a naturally occurring substance in your body that helps retain moisture in your skin, eyes and joints. Unfortunately, over time and because of environmental factors, our body's production of it decreases, which means we lose our ability to retain as much moisture as before in areas like our skin. Why do we want more hyaluronic acid? Because this fancy molecule attracts and binds to water, being able to absorb

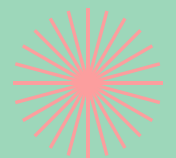
more than 1,000 times its own weight, making it a key player in battling dehydrated skin. And it's very important that we don't confuse dehydrated skin with dry skin, because even oily skin can be dehydrated.

### WHY DOES DEHYDRATION MATTER?

When your skin is dehydrated, your body produces an excess amount of sebum, which is essentially oil that clogs your pores. You see where I'm going with this? If your skin is producing a lot of oil, you may think that "drying it out" by not using a lot of skincare products will decrease the oil production. In fact, it's the complete opposite. When your skin is dehydrated, your oil production increases even more, causing more oil to be produced, which leads to more breakouts - and so the cycle continues.

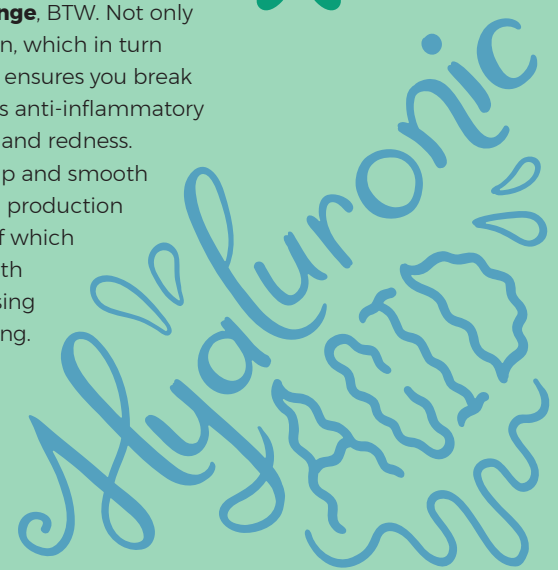
### SO WHAT ARE WE GOING TO DO ABOUT IT?

It isn't enough to simply drink your water. If your skin is really dehydrated, you may need help in the form of topical hyaluronic acid, which can also be found in the **NIVEA Clear Up range**, BTW. Not only does hyaluronic acid hydrate skin, which in turn controls sebum production and ensures you break the cycle of breakouts, it also has anti-inflammatory properties that reduce irritation and redness. Hyaluronic acid also helps plump and smooth your skin and aids with collagen production and skin barrier protection, all of which work to increase your skin's health over time, subsequently decreasing the appearance of pimple scarring.



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### THE PIMPLE-SOOTHING DYNAMIC DUO: HYALURONIC ACID AND SALICYLIC ACID

We already know that hyaluronic acid hydrates your skin and helps regulate sebum production, but did you know that salicylic acid is a great chemical exfoliant that can detox your clogged pores? Now imagine using these baddies together: keeping your pores clear, managing how much oil you do produce and making sure your skin is adequately hydrated. I'd say it's a match made in heaven - and you can find both in the NIVEA Clear Up Deep Pore Cleanser, Daily Scrub and Blemish Gel!



## SKIN CARE MYTH #3

# Being dirty isn't cool, but it's also not causing your pimples

**Listen up, fam: did you know microscopic bugs are crawling around on your face RN?** Don't freak out, though! They are called demodex and are totally meant to be there. In fact, you can't get rid of them and, in any case, they make up part of our body's vibrant ecosystem. You might as well make friends with them!

Apart from these mites, plenty of other living bacterial organisms live on our skin and generally cause us no harm. Washing your face twice a day with a cleanser designed with your skin type in mind helps to keep them in check and prevent the bacteria from wreaking havoc. By not having a day and night skincare routine, you run the risk of developing bacteria-related spots. Gross!

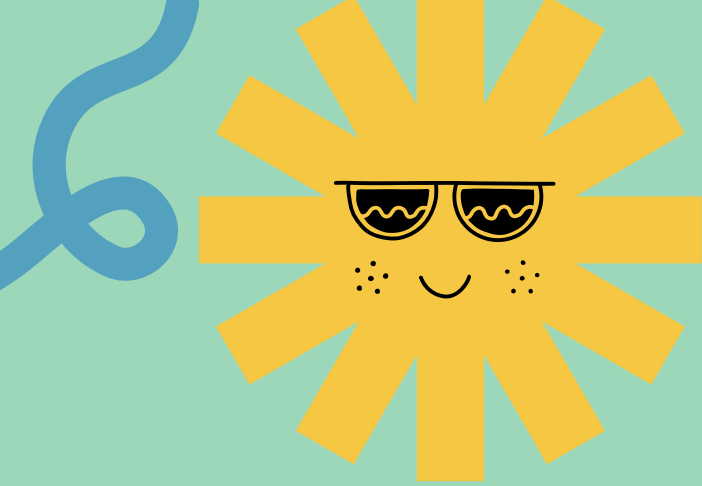
Many people who are consistent in their cleansing, however, still struggle with breakouts. This leads some of them to think that washing their face more regularly throughout the day to ensure squeaky-clean skin at all times is the path to a clear complexion. This, however, is a lie - and one that can have the opposite of the desired effect! When you overwash your skin, you can strip it of the natural oil, or sebum, necessary for

optimal skin barrier function. And if this protective barrier becomes disrupted, things can get a whole lot worse! Not only can this actually kick your skin's sebum production into overdrive and make oiliness and shine worse, but we're talking about a range of other not-fun issues, including a compromised skin barrier (which can allow bacteria into the skin and lead to infection), sensitivity, redness, itchiness and flaking. True story.

### WHAT CAN YOU DO TO KEEP YOUR SKIN CLEAN, CLEAR AND PIMPLE-FREE?

It's crucial to establish a routine that you perform every morning and evening that should include a moisturiser with ingredients that suit your skin type and target your concerns. By not moisturising, you run the risk of experiencing excess sebum production and, as a result, more breakouts. You should also go easy on scrubs, as these can break open spots, causing them to: a) spread; and b) become aggravated. And know this, anything that comes into contact with your skin, such as your towels and bed linen, as well as your makeup tools, brushes and sponges, can harbour nasty spot-causing bacteria so it's crucial you change and wash these things regularly. Your skin will love you for it!





# Basking in the sun might feel amazing, but it's not going to cure your breakouts

**One of the things that the sun is good at - aside from making people happy - is drying things out, whether it's your swimming costume or your load of laundry.** This is probably why, for a long time, people have thought that the heat of the sun would dry out ready-to-pop pimples as well as have a drying effect on oily skin. Well, this myth is not only 100% false, but also doing this can actually damage your complexion.

## **THIS IS AFRICA AND OUR SUN BURNS HOT.**

Because of our awesome climate, many of us spend a lot of time outdoors, especially during the summer months. While this might be good for our souls, for our skin? Not so much. And basking in it for hours to dry and diminish your zits? Even worse! In SA, over 20,000 people - a number that is on the increase - are diagnosed with skin cancer each year, many of whom succumb to this mostly preventable type of cancer. The last thing you want is to become another statistic.

Some of the other side effects of sun exposure might be less dangerous but are still pretty bleak. The sun plays a major role in one of the top five biggest skin concerns in the country: hyperpigmentation. It is when your skin produces more dark pigment, called melanin, as a form of UV protection. This can result in patchy areas on the face, and freckles can also become darker.

If you are someone who struggles with breakouts regularly, there's another type of skin discolouration you need to be worried about: post-inflammatory hyperpigmentation. This is when a blemish goes away but leaves behind a dark spot or patch that can stick around for ages, or even forever! As if that wasn't annoying enough, the affected area can become darker and more pronounced with

# S O R R Y

## *SKIN CARE MYTH #4*

prolonged exposure to UV rays - something that is hard to avoid when we live in the balmy Southern Hemisphere.

Need more reasons why staying sun-safe and limiting direct exposure is a good idea? Too much of those warm rays can also lead to premature signs of ageing, such as fine lines and wrinkles. The reason for this is that UV rays promote the production of free radicals in the skin, which contribute to the breakdown of the elastin that keeps our skin plump and youthful. So while we might need the sun to get our mandatory dose of vitamin D, too much of it - like many of the best things in life - is not good for you. Sorry!

## **IS THERE ANYTHING YOU CAN DO TO PREVENT DAMAGE AND ENJOY YOUR TIME OUTDOORS?**

Why, yes! First, and most crucial, is that you apply sunscreen daily - even in winter (because UV rays can still penetrate through clouds). Not only that, but reapplying it every few hours or after being outdoors is important for all-day protection. Also, invest in a trendy wide-brimmed hat to keep your face shaded. And no more trying to dry out your spots in the sun - because when you know better, you DO better!

# TRUST HER

## How I learnt to navigate my stress and anxiety-induced breakouts.

*Foyin's story*

**One thing I never quite expected was that I'd be dealing with breakouts and problem spots in my mid-to-late twenties.**

I know that sounds like quite a privileged thing to say, and, to be frank, it is. I'm someone who's had to deal with endometriosis since I was 13 years old, so when I was put on a hormonal contraceptive pill to tackle my debilitating period pains, it took years before I realised that it was probably helping my skin, too.

While my peers suffered from painful, recurring breakouts during high school, I was quite lucky because that was never really my concern. But then I switched pills and oh, boy did my skin switch up too!

I remember being at university and trying to venture into the then budding profession of

beauty blogging and content creation when I suddenly found myself with a constellation on my forehead. And when I finally started having regular periods again, my skin knew exactly when I was at my most vulnerable. Worse still, when it finally cleared up due to some skincare products I was testing out, I did the forbidden thing: I complimented it. I realised then that my skin wasn't this passive instrument that would play along nicely in the background, and I had to learn about what was going on in my body, what was happening to my face and what all of those words on skincare packaging actually meant. So I did the work and tried my best to stop picking at my

**One of the most important things I learnt on my skincare journey was: 'As within, so without'.**

spots (nobody's perfect - I'm still a work in progress, okay!) while I learnt to trust which ingredients were helpful, which ones my skin didn't like at all. It was all trial and error for me, as beauty content creators and skinfluencers were only just starting to become popular

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NIVEA

and I couldn't afford professional dermatology. And that's why the **NIVEA Clear Up Class** is here - to help you skip a few painful lessons so that you don't have to learn the hard way like I did.

One of the most important things I learnt on my skincare journey was: 'As within, so without'. This means that a lot of what was happening to my body and my skin in particular had a lot to do with how I was doing internally. And while it is true that a healthier diet is good for your skin, what I actually realised was that my mental health and the strain that it was taking on my body also manifested itself in my skin. Anxiety and stress definitely induced breakouts, and I could tell because I was always picking at my skin when I was up early working on assignments and studying for exams during my varsity years. When you're stressed, your body produces cortisol, which is known as the stress hormone, and increased levels of cortisol in your body cause your skin to increase production of its natural oil, called sebum. When your skin produces too much sebum, it can clog your pores and lead to pimples breaking out on your skin. You see, it's all connected! Now that you've got the gist of this toxic cycle, here are a few tips on how to learned to manage my stress and anxiety:

### I STOPPED PICKING AT MY SKIN

Yes, it still is satisfying to safely extract a ripe whitehead, but learning not to try and pop every pustule whenever I'm a bit stressed has done wonders for my hyperpigmentation and pimple scarring. The short-term relief I got from popping a stubborn pimple versus the months, if not years, of staring at the scar left behind were absolutely not worth it.

### I FOUND HEALTHY AVENUES TO MANAGE STRESS AND ANXIETY

Once I'd learnt I had to stop picking at my face, I had to find other avenues to release all the stress and anxiety in my body. For most of us, that would mean seeking a doctor's advice and going on medication, but it may also simply require some lifestyle changes, like exercising and journaling. Decreasing your cortisol levels is one of the ways you can have control over your skin, plus you might just feel better!

### I BOUGHT PROACTIVE SKINCARE PRODUCTS

I started to look for products which would tackle my current issues as well as help prevent the cycle from continuing. This led me to products with ingredients like hyaluronic acid, which helps with hydration, and salicylic acid, which has exfoliating properties and unclogs pores. These are just two of the key ingredients in the NIVEA Clear Up range. All products in the range also contain 99% pure mineral sea salt with antibacterial properties to clear and soothe skin of inflammation and infections.

99% pure mineral sea salt



NIVEA

# So you thought only teenagers got pimples? LOL

## THiNK AGaIn

**While the majority - between 81% and 95% - of people who suffer from this legitimate inflammatory health condition are teenagers, this \*doesn't\* mean that adults aren't affected.** In fact, around 32% of women and 21% of men also struggle with persistent blemishes. Not a vibe.

The reason that teenagers make up the majority when it comes to spotty skin is because of all the hormonal changes taking place in their bodies. With these shifts comes an increase in sebum production - an oily substance that keeps your skin naturally moisturised. This, combined with sweat and dirt on your face, can lead to clogged pores and breakouts. There is a genetic component to frequent spots as well: if your parents dealt with them, there's a good chance you might too. Sigh.

Okay, so if puberty is the culprit for the youth, what's the deal with adults? Actually, there are several things that can cause pimple outbreaks over

the age of 18. The first one is hormones, with hormonal spots usually being deeper in the skin and often located along the jawline and around the mouth area. They are also notoriously hard to get rid of. Other causes include stress, bacteria on the skin, bodily inflammation, exhaustion, a poor diet and not having an effective skincare routine. This means that by making some significant (but oh-so worth it!) lifestyle changes, you will likely experience a change in your complexion... but for the better!

If you frequently wake up to whiteheads and blackheads, you might have a bacterial build-up. This is something that can be easily changed by cleaning your towels and bed linen regularly, as well as creating - and being consistent with - a skincare routine. It doesn't need to be elaborate, but it should involve twice-daily cleansing and moisturising. During the day (every single day), SPF is necessary for UV protection. Regular \*gentle\* exfoliation is also necessary for a smooth and radiant complexion, as it removes dead skin cells, preventing clogged pores and minimising breakouts.

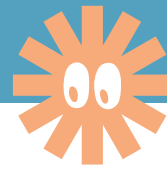
Two other major factors that could be contributing to your blemish-prone skin are stress and a lack of sleep. Both can result in increased levels of cortisol - the stress hormone - in your body, which can lead to zits (and then, inevitably, even more stress!). Getting good-quality sleep for seven to nine hours a night is crucial for overall wellbeing, as is finding healthy ways to alleviate tension and anxiety for a chill, calm life.



SKIN CARE MYTH #5

NIVEA

## SKIN CARE MYTH #6



# Um no, your snack today won't break you out tomorrow or

# PROBS ever

**You probably heard people warn you growing up that eating a chocolate bar or drinking a cooldrink would give you pimples.** We're here to tell you that that is a lie!

### SO WHAT'S THE REAL TEA?

Here's what is true: your diet does play an important role in your overall health and wellness, which applies to your skin and its functioning, too. But this doesn't mean that indulging in the occasional sweet or greasy treat is going to wreak havoc with your complexion. Like many things in life, however, they are obviously best enjoyed in moderation. This is because excess sugar consumption is linked to bodily inflammation, which can trigger skin conditions and breakouts.

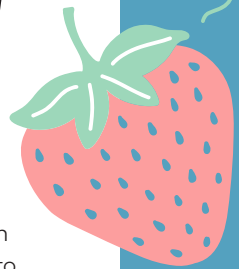
So, what should your mostly healthy diet include? Firstly, plenty of water! You should be guzzling down about two litres - or eight cups - of H<sub>2</sub>O each day, and more if you are breaking a sweat or chilling in the sun. By doing this, you keep your body, and therefore your skin, properly hydrated. Two other important nutrients for skin health include antioxidants and omega acids. The former can be found in a lot of the food we eat on a regular basis, such as berries, red and yellow vegetables - including peppers, tomatoes and carrots - and also many spices. Omega acids can be found in fatty fish, such as herring, salmon and anchovies, as well as avocados and a variety of nuts, grains and seeds. And the nutritional powerhouse

known in wellness circles as dark leafy greens, which include spinach and kale, contains skin-loving vitamins. Eating foods with a high-water content, such as watermelon and cucumber, can also add to your hydration levels. While it's hard to eat healthy food all the time, it should make up the main part of our diet. It's for your own good!

Maybe our parents were trying to scare us away from eating food they considered unhealthy. Or

**While it's hard to eat healthy food all the time, it should make up the main part of our diet.**

maybe it was a way of ensuring that we made good food choices. Whatever the reason for your (misguided) belief that your diet is responsible for your pimples, it ends today. And don't feel guilty about eating that occasional snack - we promise your skin will survive!



15



Our Beauty Ed puts

# NIVEA Clear Up to the test...

**If you don't look at my skin too closely, it's easy to think that, overall, it looks pretty good.** But if you

inspect it, you'll notice that those aren't sunspots or freckles on my face, but rather pimple scars, and the texture along my nose, and on my cheeks and forehead appears as though my clogged pores may overflow any second. It's ironic that a girl who tries so hard to drink 3L of water a day can find her skin dehydrated, but then again, the sheen of oil can very easily be confused for a dewy glow. That's why I wasn't shocked when upon starting to use the **NIVEA Clear Up** range, my skin decided to purge.

## SKIN PURGING 101

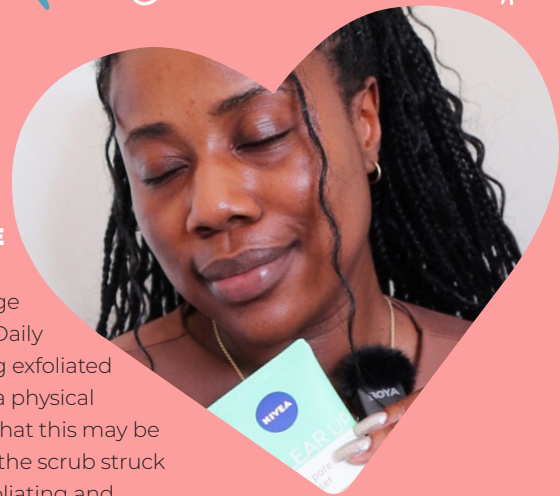
Skin purging can often trigger a knee-jerk reaction, where a person immediately thinks a product isn't working or that they're reacting poorly to it. However, navigating the line between giving up and seeing something through is a delicate dance. If you're trying a new product and, within 12 hours, you see something that looks like a rash appear on your skin, it's best to stop using whatever you're using right away and try to soothe the inflammation. But if you only find yourself breaking out within a week, then it may be worth continuing with the product as this may simply just be a skin-purging phase as you introduce a new product into your routine. When I first started using the NIVEA Clear Up Deep Pore Cleanser and Daily Scrub, my skin quickly realised that in order to look good all the time, it had to get rid of everything hiding beneath. Within a few days, little whiteheads and papules popped up all over my skin, so I thought this was also the best time to trial the **NIVEA Clear Up** Blemish Gel.

## CLEAR UP'S POWERHOUSE INGREDIENTS

Because the NIVEA Clear Up range contains salicylic acid, using the Daily Scrub meant my skin was getting exfoliated both on a chemical level and on a physical level. And while I was worried that this may be too harsh for my skin, I found the scrub struck a great balance between exfoliating and nourishing. This is thanks to hyaluronic acid present in all the products in the range as well. While making sure it unclogged my pores of makeup, impurities, sebum and environmental pollutants, the hyaluronic acid also moisturised my skin, ensuring it didn't end up too dry, which would've relaunched my skin into a sebum-overproduction cycle.

I love the way that the **NIVEA Clear UP** Deep Pore Cleanser lathers because I'm a sucker for a foaming cleanser that I can extend down my neck. I didn't need to use a lot of product, as a little goes a long way, which means you get value for your money when it comes to this cleanser. The Blemish Gel had a little bit of a tingle at first (I mean, I was applying it directly to a pretty upset whitehead), but once that went away, I realised I no longer had the urge to pick at my face.

I had used the range for a few days before my skin started to purge, and after just over a week, the purging ceased and the pimples that had flared up were on their way out. With consistent use, my skin finally calmed down. In addition, sticking with the Deep Pore Cleanser plus Daily Scrub routine for a week (topping it off with sunscreen, because that's just as important!) ensured I did not have clogged pores and that my skin stayed hydrated and my pimple problems remained in the past.



*Have you tried the NIVEA Clear Up range? Scan the QR code below to join the conversation!*



# DON'T STOP # DON'T STOP

