

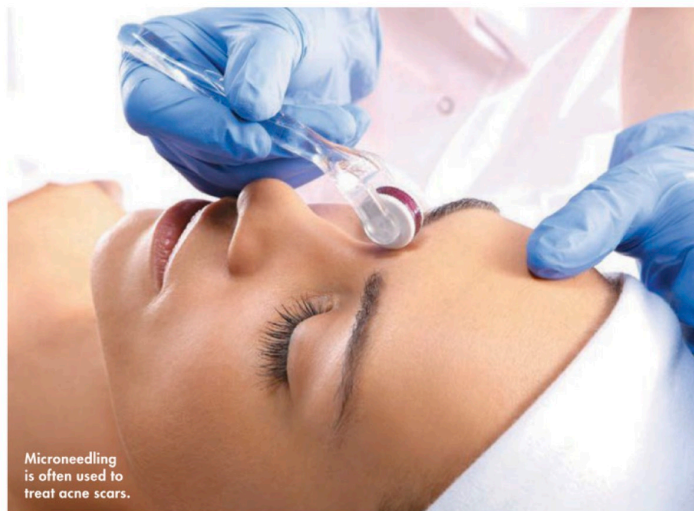
ON TOPIC | SKIN DEEP

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



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

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* ●

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