

## **Best products for TEENAGE and ADULT ACNE:**

As there are many contributing factors as to the breakouts of acne, it is important to use the best skin care products. Here are some recommendations:

1. Charcoal soap
2. Any *Diana's* Skin Toner
3. MUD masque
4. Any of the following products:
  - > Bulbinella Cream
  - > Beeswax Bulbinella Cream
  - > Acne Control skin cream
  - > Acne Control Serum
  - > Ocotea
  - > Lotus NON-Chemical Peel
  - > Charcoal Detox Masque
  - > Myrrh Detox Capsules

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## **IMPORTANT to know when you want to fight Acne:**

Other factors which cause acne breakouts on the skin:

1. If you recently started eating and drinking healthier. This causes detox of the body, which also causes detox of the skin.
2. If you recently started doing exercise, gym, jogging etc. This causes detox of the body, which also causes detox of the skin.
3. The flip side of the coin is also true: if you recently started eating and drinking unhealthy, this will lead to a build-up of toxins in the body, which will lead to breakout of skin.
4. During menstruation and ovulation your skin will breakout, due to hormonal changes in body.
5. Breakouts during pre-menopause and menopause is quite common, due to hormonal changes.
6. Whenever we do not drink sufficient still water (6-8 glasses each day), it will lead to a build-up of toxins in the body, which will lead to breakout of skin.
7. Whenever we drink too much alcohol, it will lead to a build-up of toxins in the body, which will lead to breakout of skin.

8. Whenever we drink too much sugary soft drinks, as well as other carbonated drinks, it will lead to a build-up of toxins in the body, which will lead to breakout of skin.

9. When we scratch and pick pimples and acne, it contaminates the rest of the skin, and will lead to extra breakouts. Never pick your skin.

Bottomline: there are many factors that cause breakouts. One must look at the above factors.

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