

## UNDERSTANDING SKIN CONDITIONS

# Blemish-Prone Skin

### CONGESTION/ENLARGED PORES/INFLAMED BLEMISHES

Blemish-prone skin represents a condition that consists of excess oil production, comedones, papules, pustules, and sometimes, cysts. It most commonly presents on areas of the body that contains many sebaceous glands like the face, neck, chest, back and shoulders. Blemishes typically present themselves (and is most common) in puberty, but many adults also develop the condition.



#### Blockage of hair follicles (pores)

Occurs through the presence of oil, dead skin cells and debris, on and around the follicle (pore).



#### Overproduction of sebum

Activated by the sebaceous glands, typically triggered by hormones.



#### Proliferation of *C. acnes* bacteria

Includes the spread of bacteria, and consequent inflammation.

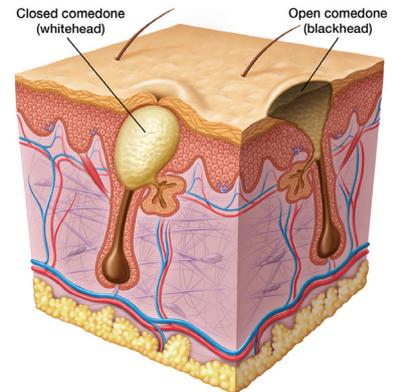
### TYPES OF BLEMISHES

#### Non-inflammatory

Blackheads and whiteheads (open and closed comedones) occur when a plug made up of sebum and dead skin cells can be seen inside a follicle (pore), but does not cause any inflammation or redness.

**Blackheads:** If the plug enlarges and stretches the pore, it is referred to as a blackhead. Blackheads are filled with excess debris, dead skin cells and oil that often oxidizes and/or reflects light differently, causing it to appear darker.

**Whiteheads:** When a thin cover of skin traps the plug, it prevents the oil from oxidizing. This keeps the colour light, hence the name, "whitehead".



#### Inflammatory

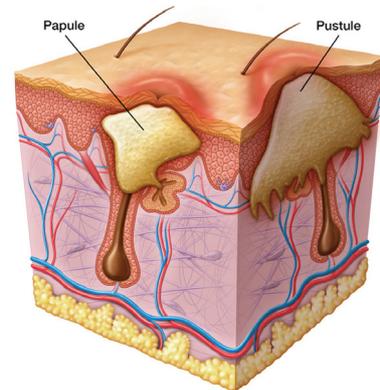
When follicles are blocked by sebum, debris and dead skin cells, the follicular wall experiences pressure. If the pressure is great enough, the follicle wall will break and the contents will spread into the surrounding skin.

When your immune system responds to this bacteria and sebum, inflamed blemishes present. The degree of inflammation determines the size and severity of the blemish.

**Papules:** Pink or red bumps without a white or yellow centre (pus).

**Pustules:** Red bumps with a white or yellow centre, indicating the presence of pus. Pustules are formed when the plug inside a pore traps oil and bacteria, which draws white blood cells to the area to fight infection. Pus is made up of dead white blood cells.

**Cysts and nodules:** Larger (and often painful) lesions that extend into the deeper skin layers. Cysts and nodules can last for months, destroy the follicle and lead to permanent scars. Individuals with this type of acne should see a dermatologist for treatment.



### TREATMENT PATHWAY

Follow these four steps using the associated ingredients to target blemish-prone skin:

1

Reduce the appearance of blemishes/manage bacteria

SALICYLIC ACID, &  
OLIGOPEPTIDE-10

2

Enhance cell turnover

RETINOL

3

Potent antioxidant protection/reduce the onset of breakouts

RESVERATROL

4

Protect against UVB & UVA

ZINC OXIDE

Alumier<sup>MD</sup>