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How to Block Breakouts

An overview on what causes breakouts and the best ways to get healthy and glowing skin

Words | Bindu Gopal Rao



Humid weather can have a profound impact on skin health. When the air is thick with moisture, sweat evaporates at a slower rate, leaving the skin feeling sticky and causing pores to become clogged.

This creates an ideal environment for acne and blemishes to flourish as trapped sweat mixes with dirt and bacteria on the skin's surface.

Causes of Breakouts

Breakouts in humid weather conditions can be triggered by a variety of factors that most commonly include excess sweat and oil production. Increased humidity leads to the clogging of pores. Also, the proliferation of bacteria is highest in humid conditions and leads to skin breakouts.



Do's and Don't's

It is crucial to maintain a diligent skincare routine that includes cleansing, exfoliating regularly and using non-comedogenic products to help prevent breakouts during hot and humid conditions.

Here are some pointer for your clients:

- Start by cleansing the face twice daily to remove dirt and makeup without over stripping natural oils.
- Choose products tailored to the skin type and labelled as non-comedogenic to prevent pore blockage.
- Always apply sunscreen with an SPF 50 to shield the skin from harmful UV rays.
- Avoid over washing the face with harsh, abrasive products that can irritate and worsen breakouts.
- Avoid oily products that might clog pores; opt for oil-free or water-based alternatives especially for oily skin.
- Don't skip moisturizer; it helps preserve the skin barrier and prevents excessive oil production.

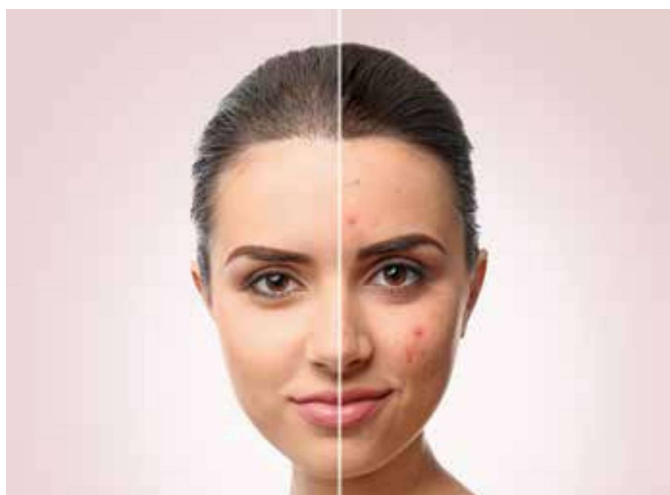


A comprehensive acne skincare routine is crucial for effectively managing and treating acne-prone skin. It typically comprises several key steps, including cleansing, toning, applying acne medication, moisturizing, and ensuring sun protection.

Custom Cues

It is important to remember that skincare is not one-size-fits-all, and what works for one person may not work for another.

So, be diligent and consistent, and ensure the skin mirrors a happy you. **SS**



“When there are higher temperatures in humid conditions, there is increased sweating, which, when mixed with dirt and bacteria, can increase breakouts as the pores become clogged. Humidity also causes pores to expand, making it easier for debris and bacteria to enter the skin, especially for individuals with larger pores. In humid environments, bacterial growth is facilitated, creating an ideal breeding ground for inflammation and acne on the skin's surface. Proper skincare routines and cleansing are crucial in such conditions to prevent these issues.”

Vidur Kapur, Director, O3+

“Acneiform eruptions though a simple problem can be troublesome to a patient.

Also, prevention is better than cure. So, maintain a healthy skincare routine.

Also take appropriate treatments from experienced doctors to avoid the side-effects like acne scars and hyperpigmentation.

Treatment of acneiform eruptions include cleansers containing salicylic acid or mandelic acid. Creams or gels containing benzoyl peroxide, glycolic acid or retinols can be used to reduce the white heads, black heads, and red boils. Chemical peels and microdermabrasion can be done to maintain the skin tone and treat the acneiform eruptions.”

Shefali Trasi Nerurkar, Consultant Dermatologist, Dr Trasi Clinic and La Piel Skin Clinic,



“While a toner can be beneficial for some individuals by helping to balance the skin's pH and remove residual impurities, it is important to note that not everyone may need or tolerate it, especially if it causes excessive dryness or irritation. Sunscreen is a non-negotiable step, as several acne medications can increase sun sensitivity, making adequate sun protection a must to prevent further skin damage and pigmentation issues.”

Mini Sood Banerjee, assistant director and head of marketing and training at Amorepacific Group

“It is advisable to adapt the routine based on the skin type and concerns. Additionally, consistency is key to maintaining clear and healthy skin in all weather conditions.

Always use good-quality products and consult a skincare professional for customized advice before choosing any products or treatments. Enjoy healthy and glowing skin always.”

Priya Bhandari, Head of Training, Skeyndor