

ACNE – What can we do about it?

What do you know about acne?

Acne is an inflammatory skin condition in which overactive sebaceous glands cause:

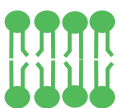
- Lesions
- Comedones (Blackheads)
- Papulae
- Pustules
- Nodules
- Cysts



How does acne form?



Altered Keratinisation – Blocked comedones are formed by the accumulation of a harmonious blend of keratinized and lipid materials



Lipid Abnormalities – Abnormalities in sebum production



Bacterial activity – Bacteria are often found in hair follicles, triggering inflammatory responses



Hormonal
fluctuations

Causes of acne



Stress



Digestion



Medication



Genetics



Use of inappropriate
topical products

What can we do to help?

1. Various facial treatments:
 - Chemical peels
 - Extractions
 - Anti-inflammatory treatments
 - Healing light therapy
2. Receive a customised herbal medicine consultation to diagnose root causes and receive personalised herbal medication
3. Nutritional consultation with dietary strategy
4. Acupuncture
5. Hijama (wet cupping) for detoxification
6. Acne prescription medication

