

TIPS TO MINIMISE MASKNE



Here are some tips provided by Dr Adil Sheraz on how to keep maskne under control, or at least minimise its effects on your skin.

1 CHOOSE THE RIGHT MASK

Make sure you choose cotton, silk or bamboo. These fabrics are more breathable and keep your skin less humid. They will, however, soak up the moisture from your breath so you must make sure to change them regularly, especially in hot days.



2 WASH YOUR MASK

Remember your mask will be absorbing your sweat, moisture from your breath, any moisturisers on your skin and even any make-up that you may have on. These are ideal conditions for bacteria to flourish in so try and wash your mask every night after use.

3 TAKE A BREAK FROM WEARING MASK (IF POSSIBLE)

If you are able to, take a break from wearing your mask and allow your skin to be exposed to the air. But only do this if it is safe to do so.



4 DON'T USE HARSH CLEANERS

Try to avoid strong acne products or harsh scrubs, as these will strip your skin of their natural oils which are there to act as a barrier.



5 HAVE VERY OILY SKIN?

In the morning, use a gentle cleanser to wash with, apply an oil-free sunblock and a water-based oil-free moisturiser. Allow this to sink into the skin for around 15 minutes before you wear a mask. Try to avoid wearing make-up underneath the mask, as this will only mix with the humidity and form a messy gloop that will clog your pores.

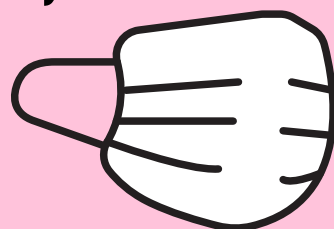
6 USE A GENTLE CLEANSER

At night, wash your face with a gentle, non comedogenic cleanser. This will remove the dirt, sweat and make-up from the day. Also, apply a moisturiser before you sleep.



7 WEAR A WHITE MASK (IF POSSIBLE)

Wearing a white mask will result in you cleaning it more often as dirt will be more visible, but it will also absorb less heat than a darker coloured mask and keep you cooler.



8 IF ALL TIPS ABOVE FAIL SEE A DOCTOR

If all of these measures fail then see your GP or a dermatologist for a more tailored skin regime. You can also visit www.Zapped.org.uk which is a video link, and a tailored treatment plan will be prescribed and delivered to your address. This can include both topical and oral treatments.

