



This is Why Clarisonic is Making You Break Out

Nothing is more disappointing than spending upwards of \$120 on a new beauty device only to find it makes you breakout. Time to troubleshoot and get your skin back on track. Read on for four quick fixes to prevent Clarisonic breakouts once and for all.

1. Use a gentler touch. It's amazing how many women claim to *not* have sensitive skin, but then go on to detail a variety of skin issues they're dealing with. Skin is, by nature, a delicate organ. Acne, dryness and redness are all signs of sensitive skin. A thorough clean does not require an aggressive approach. Brush gently — it will get the job done!

Harsh scrubbing causes micro-tears that leave your skin susceptible to bacteria. Applying too much pressure quickly degrades the skin's outermost dermal layer known as the acid mantle. The acid mantle is a thin, invisible acidic film that protects your skin from the outside world. This barrier discourages the growth of fungi and bacteria. To keep this protective layer in tact, don't scrub too hard, and don't go over any area repeatedly.

Let the brush do the work and be gentle. A quick sweep over each area is all that's needed. In fact, you may want to try using the Clarisonic manually (without turning it on) to gently exfoliate your skin in small circles. Remember, a light touch is key. You'll likely

notice your skin still feels nice and smooth, similar to the full Clarisonic experience.

If you haven't ponied up for a Clarisonic yet or if you have ultra sensitive skin, a soft manual brush may be the way to go.

2. Pre-cleanse skin. Before firing up your Clarisonic, wash your face with a gentle cleanser to rid the surface of dirt and bacteria, as well as makeup. Use the Clarisonic only for a final deep clean of the pores. You'll want to use a small dab of cleanser so as to not dry out the skin, but be sure to use enough so that it lathers properly. This will help the brush float over your skin without tugging at it.

3. Steer clear of nose and mouth. Be sure to keep the brush at a safe distance from your nostrils and mouth. These areas harbor scores of bacteria. If you aren't careful, you may be inadvertently scrubbing germs deep into the pores all over your face as the brush makes contact with these areas and spreads those nasties around. (Ew!) The nose, for example, is teeming with *Staphylococcus aureus*, a gram-positive bacteria. A staph infection can infect pores with a condition known as folliculitis, which resembles acne pimples. (They usually look like small, red pustules with a white head.)

4. Keep Clarisonic clean. Here are a few bonus tips that are crucial for keeping your Clarisonic truly clean. Firstly, be sure to remove the brush head and clean it regularly (about once per week) with soap and warm water to remove dead skin cells and trapped bacteria. Shake off the brush head well, and allow it to dry in a well-ventilated area.

If you're like me, you may also want to submerge the brush head in hydrogen peroxide for 15 minutes every few weeks in addition to regular cleaning. Don't forget to inspect the brush head cavity on

the body of the device since bacteria and debris can sometimes work their way down there.

Secondly, need I say it? Don't leave Clarisonic in a humid or moldy bathroom. We've all had our college days so no judgment, but please be mindful of your Clarisonic. It is an investment piece after all.

And finally, remember to replace the brush head every three months, as the company recommends. You wouldn't use a kitchen sponge for three months even if you washed it from time to time, right? Same principle applies here.

And there you have it. Happy exfoliating!