

8 Ways To Energize Your Acne-Fighting Skincare Routine

Acne is likely one of the most frustrating aspects of skincare. As someone who's struggled with acne since my pre-teen days, I can attest to the profound irritation of pesky pimples.

I understand the struggle. I've spent years carefully cultivating the *perfect* skincare routine to keep my acne at bay. But I've noticed a common mistake that many people make during this process: **not being attentive to all aspects of their health and wellness.**

Our entire being is expressed through our skin. So fighting acne isn't about just finding the one product to erase it forever. Instead, it's about consistent lifestyle changes that stop acne before it even begins.

Enough talk. Here are ten ways to energize your life to unlock the full potential of your acne-fighting skincare routine.

Key Takeaways

1. **Cleanse your skin twice per day**
2. **Don't excessively touch your face**
3. **Frequently wash your sheets and pillowcases**
4. **Use non-comedogenic skincare products**
5. **Avoid greasy or sugary unhealthy foods**
6. **Moisturize your skin twice daily**
7. **Exfoliate once or twice per week**
8. **Add benzoyl peroxide or salicylic acid to your skincare routine**



1. Wash Your Face In The AM And PM

Our skin is a delicate part of our bodies, collecting aspects of our everyday life experiences. Over time, the pores of our skin collect dirt, oils, bacteria, and even dead skin cells. And when our pores get clogged with excess sebum or other impurities, it can lead to acne.

It's widely agreed upon that keeping our skin clean is the primary prevention of acne.

Removing excess oil, makeup, and dirt from your pores is the first step to ensuring you do all you can to curb your breakouts.

Make sure you're also cleansing your face twice daily. You should use a gentle cleanser in the morning and [double-cleanse](#) at night before bed. By regularly washing your face, your skin can stay clean and acne free.

It might take some time to find the right cleanser for you. If you have acne and dry skin, I recommend using the CeraVe [Hydrating Facial Cleanser](#).

2. Don't Touch Your Face

This is something I was guilty of for a long time. It's natural for us to either knowingly or absentmindedly touch our faces. But touching our faces introduces extra oil and bacteria into our skin's pores.

And this is the *perfect* recipe for acne.

Throughout the day, our fingers pick up an insane amount of bacteria and impurities. And touching your face with unclean hands gives dirt and oil a one-way ticket to your delicate skin.

This isn't the ultimate cure for acne. But touching your face excessively definitely doesn't help prevent breakouts and more likely heavily contributes to them. So keep your hands away and let your pores breathe!



3. Keep Your Pillowcases And Sheets Clean

A primary key to preventing acne is just taking preventative measures to ensure extra bacteria aren't introduced to your skin. Not only do you need to keep your skin clean, but also whatever your face may come into contact with.

Things like your pillowcases and sheets collect dirt, oil, and bacteria. Even if it may not look like it, these impurities can easily accumulate over time. So wash your bedding weekly at a minimum.

Bonus: Keep your [phone screen](#) clean. Whether you're making frequent phone calls or just fidgeting with it, the amount of bacteria that hides on your phone screen is astounding.

4. Use Non-Comedogenic Products

Now that we know how to keep the things around us clean, it's time to look at our skincare products themselves.

Many beauty products like to claim they don't contribute to acne, but when you use them, you're left with an irritating breakout. So *what went wrong?*

Many products like to say they won't clog pores. But that doesn't mean they can't contribute to your acne. That's where [non-comedogenic](#) products come in.

The term “**non-comedogenic**” essentially means that a given product doesn't contain ingredients that cause clogged pores. And they also won't lead to irritation or inflammation. So if you struggle with acne, make sure your products are labeled as “non-comedogenic” before using them.

Try out the Cetaphil [Daily Hydrating Lotion](#) for a popular non-comedogenic moisturizer formulated with hyaluronic acid.



5. Eat Foods That Treat Your Body Well

We are what we eat. That's not a popular saying for no reason. It's true!

[Research shows](#) that there's a good chance the types of foods you are eating are contributing to your breakouts. For example, unhealthy foods like sodas, white bread, or red meats likely have a hand in cystic acne or hormonal acne.

The key is to maintain a well-balanced and nutrient-rich diet. That doesn't mean you need to revamp your entire food intake (but you can if you want to). Start by avoiding foods like:

- Greasy foods
- Processed sugars
- Dairy products
- Fast food

Eat foods high in complex carbohydrates and essential vitamins to give your skin the fuel it needs to fight acne.

6. Dry Skin And Acne Go Hand In Hand, So Use Moisturizer!

We've already covered that clogged pores are the primary culprit of acne. And often, our pores are clogged when our skin overproduces its natural oils to keep our skin soft.

When our skin's oil production increases, this excess sebum can clog our pores. And this often happens when our skin is dry. So if we already have dry skin or dry patches, our skin will start producing more oil to rectify it.

This is why dry skin and acne-prone skin are often found together.

Keeping your skin moisturized is key to preventing dry skin and subsequent acne. Even if you don't have dry or oily skin, hydration is the first step in obtaining a healthy, nourished complexion and a [glowing appearance](#).

So, make sure you're using a moisturizer twice per day.

If you haven't been able to tell yet, CeraVe is one of my favorite skincare brands. For amazingly powerful and stunning hydration, use CeraVe's [Daily Moisturizing Lotion](#). It has hyaluronic acid and ceramides, which provide your skin with a solid foundation for a life of moisture.



7. Exfoliate - But Don't Overdo It

In addition to washing your face twice daily, it's also widely recommended to exfoliate. Exfoliating your skin at least once or twice weekly helps keep your skin rejuvenated and fresh.

Your gentle daily cleanser is excellent for safely removing surface impurities without causing irritation or inflammation. But to rid of excess oil and dead skin cells hiding deeper in your pores, you'll need to exfoliate.

Make sure you don't overdo it, however. Many people make the mistake of abusing exfoliators daily in hopes their skin will be cleaner than ever. But this actually has the opposite effect.

Though exfoliation is necessary to obtain a fresh new glow, your complexion can easily suffer from the repeated use of harsh scrubs or chemical exfoliants. In addition, daily or frequent exfoliation breaks down your skin's protective barrier and natural moisture levels.

Excessive exfoliation also leads to irritation and inflammation, which exacerbates existing acne. This can cause dry or flaky skin and clusters of small, bumpy breakouts.

Exfoliate only once or twice weekly to remove dead skin cells and revitalize your complexion.



8. Try Benzoyl Peroxide Or Salicylic Acid

Everyone's skin is different. Don't underestimate the unique individuality that makes you who you are!

Some of us can keep our acne at bay with gentle and natural products. Others may need to resort to over-the-counter (OTC) acne treatments to get the job done.

OTC ingredients like [benzoyl peroxide](#) and **salicylic acid** are known for being potent acne-fighting tools. These ingredients remove bacteria, dead skin cells, and excess oil on your skin.

Though these ingredients are strong tools for fighting breakouts, that doesn't come without a cost. Benzoyl peroxide and salicylic acid can often cause dry skin or irritation. The key to incorporating these OTC products into your skincare routine with minimum side effects is to introduce them gradually.

For benzoyl peroxide, **start with a low concentration**, such as 4%. For sensitive skin, salicylic acid and hyaluronic acid are more gentle on your complexion.

Make sure you pair treatments with benzoyl peroxide or salicylic acid with a good [moisturizer](#) to prevent over-drying your skin.