

are the products you're using causing or contributing to your acne?

CREATED BY BATTY'S BATH

start here

Grab the products you're using. You'll need them to look at the ingredients list to answer some of these questions

Are there Petro ingredients in your products?

Check the ingredients list for mineral oil, petroleum, petrolatum, paraffin, or any petro-based ingredients

Yes

Uh oh! Clogged Pores Alert!

Petro ingredients cause clogged pores and create a barrier so nothing can come out of your skin (therefore, your skin can't detox itself of impurities) and no helpful (natural) ingredients can be absorbed. Ditch any petro containing products ASAP!

Consider this a yellow flag: Proceed with caution!

Some of the most common non-natural ingredients in skin care products are also some of the most toxic. Even those that have been proven to be non-irritating can still cause problems, such as increasing the body's "toxic burden" - the skin can be an indication of the body's overall health. Personally, I only use natural ingredients- it recognizes them, easily absorbs them and applies their beneficial properties.

Uh oh! Bacterial Alert!

There are tons of different species of bacteria that live on our skin naturally, and they don't pose a problem until they start growing exponentially. When that happens, the skin gets irritated, pores clog, and even more bacteria grow- hello acne! Find more info and bacteria solutions here: <http://bit.ly/nobacteria>

Are you washing/exfoliating your face 2 times a day?

Yes

Are you moisturizing each day?
With cream, lotion or serum?

No

Uh oh! Your inviting an oil imbalance!

When your skin doesn't get the proper amount of moisture, it reacts by over-producing oil, creating an imbalance (which leads to acne). Moisturizing helps ensure this doesn't happen. Note that hydrating your skin isn't the same thing as moisturizing, but is equally as important. Find out why here: <http://bit.ly/dehydra>

Is there any skin stripping ingredients in your products?

These include sulfates like sodium lauryl sulfate (SLS), benzoyl peroxide, salicylic acid, sulfur, propylene glycol, and glycolic acid. See how these show up on ingredients lists here: <http://bit.ly/skinstrip>

Yes

Uh oh! Irritation, Skin Stripping & Oil Imbalance Alert!

Skin stripping diminishes the skin's acid mantle- the thing that provides a barrier against bacteria (a major cause of acne) and makes the skin more prone to infection and oil imbalance (another major cause of acne). The skin reacts by becoming more oily, which also creates a perfect breeding ground for bacteria.

No

No

Are there silicones in your products?

Check for "dimethicone" or "methicone". Also, anything else that ends in "cone" is likely to be silicone.

Yes

Do your products have any non-natural ingredients in them?

Google any ingredients you're not sure about because even natural ingredients can have long, unrecognizable names on ingredients lists (due to the fact that they must follow INCI standards).

Yes

No

Is there at least one product in your routine that has an anti-bacterial ingredient?

No

Yes

Does your skin feel extremely tight or dry after washing?

No

Yes

Too harsh or missing a key ingredient!

If you've already made sure there's no stripping ingredients in your products, it's likely that your skin is dehydrated (even if you're skin is oily). Go here to find out how to resolve dehydrations: <http://bit.ly/dehydra>

Does your skin "tingle" or sting during or after washing it?

No

Yes

Consider this a pit stop for those who haven't checked the ingredients on their products and were guessing at the answers.

Time to go back to the start. This pit stop is here because it's really important to make sure the products you're using pass the test. Continue on when you know for sure your products make the cut thus far.

Now continue onto page 2...

Uh oh! Irritation alert!

Not all natural products are made equal, and not all natural products are made for everyone's specific needs. If your acne, hyperpigmentation, or rosacea is primarily caused (or aggravated by) irritation, you need to work soothing products into your routine. Make sure any acne products you pick are also mild, soothing, and calming. You can't solve any skin problems by irritating the skin!

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Welcome to page #2

If you haven't completed page #1 yet, head back and do so now. Otherwise, continue on to the next question...

Your moisturizer might be too thick or not formulated quite right for your skin.

First, if you're already fighting with extra oily skin, see "Uh oh! You're inviting an oil imbalance." and "Uh oh! Irritation, skin stripping & Oil imbalance alert!" on page one. **Second**, add a hydrating serum, mist, or gel to your routine, either **in place** of your moisturizer or **before** your moisturizer. I suggest adding one of these products before your moisturizer first (especially if it's the winter or you live in a dry or harsh environment). Batty's Bath Hydra Healing Skin Rescue Gel has the most hydrating power and is suggested when you're battling with super oily skin.

Avoiding Clogged Pores

A clay mask will bring impurities to the surface of the skin, but if they aren't removed by using an exfoliating and cleansing scrub, they can lead to clogged pores. This step is extremely important to get the most out of the benefits of a clay mask.

Try working acne targeting, natural products into your routine.

Have you been using your natural acne-targeting products for at least 3 weeks?

No

Give your new routine / products time to make a difference. It takes at least 14 days before you'll know if any changes you've made to your routine are making a difference.

Congrats! There's a very good chance that we've ruled out your products and routine as the cause of your acne! Now it's time to look at other causes of acne.

After moisturizing, does your skin feel too dry still?

Yes

Time to layer!

Many people need more than just a moisturizer to keep their skin balanced. If your skin seems to need more than just a moisturizer, start layering. Layering works by adding a serum, mist, and/or a hydrating gel to your routine before your moisturizer. Most people need to layer in the winter when our environment is extra drying.

No

After moisturizing, does your skin feel too oily?

No

Are you using makeup that is free of pore clogging ingredients? If you're not using mineral makeup, pick "no". If you're using mineral makeup, see the not below.

Mineral makeup is one of the only options for foundation that doesn't clog pores. Although, if the mineral makeup includes one of the following ingredients, it will clog pores and/or irritate the skin: Bismuth Oxychloride, Talc, Silk Powder, Rice Powder, Triethoxycaprylsilane, Fragrance, Pearl Powder, Ethylhexyl Palmitate, Parabens (see previous question about parabens)

Yes

Are your breakouts only along your hair line (and around your jaw line if your hair falls along your jaw line)?

No

It's a good possibility that your hair products (shampoo, conditioner, styling products) are causing your breakouts.

Likely due to clogging pores or irritating your skin. See "Uh oh! Clogged Pores Alert!" and "Uh oh! Irritation Alert!" on the first page. Also, check out the video walk through of this flowchart where I talk about ear plugs causing breakouts. The video is available on my blog (BattysBlog.com) and my youtube channel (youtube.com/jamiesabot)

Yes

No

See "Uh oh! Clogged Pores Alert!" on page one.

Are you detoxing your skin with a clay mask weekly?

Yes

No

Our skin often needs a helping hand. Using a clay mask helps the skin remove toxins and impurities. This is especially true when you haven't been using natural products for very long. Non-natural products can leave a film/barrier and the skin needs help getting rid of it. See "Uh oh! Clogged Pores Alert!". Additionally, if your skin is unbalanced (think: super oily), using a clay mask weekly can help in the balancing process.

No

Are you exfoliating with a cleansing scrub after using the clay mask?

Yes

Do your products have healing ingredients in them that are especially good at balancing acne?

In other words, are you using products that are formulated to aid in the healing of your acne? We've already figured out that you're using products that won't harm your skin, but now we need to figure out if they are actually working towards healing your acne as well. Ingredients that are especially healing for acne are: Patchouli EO, Rosehip Oil, Jojoba Oil, Chamomile Oil, Macadamia Nut Oil, Calendula, Neem, Burdock, Gotu Kola, and Echinacea.

No

Yes

Not totally convinced that it's not your products that are causing your acne?

Or would you like help reviewing your skin care products and routine?

Personalized Solutions

If you're sick of your acne and have searched for answers for so long that you're ready to pull your hair out, then I'm here to help! Even if you haven't tried a million different solutions and would rather just cut to the chase and clear up your acne without running in circles, then I'm still here to help! We'll work together to figure out the causes of your acne (as well as specific, simple solutions)! A great place to start is with our guided routine builder at <http://Battysbath.ca/routines>

More Resources:

Find more causes (including external and internal causes), plus solutions or acne at <http://BattysBath.ca/acne>