

ACNE

PREVENTION

Do's & Don'ts



Do's

- ✓ Gently cleanse your face twice a day with a pH balanced cleanser without soap or perfume.
- ✓ Drink 8-10 glasses of water daily.
- ✓ Eat healthy balanced diet containing lots of fresh fruits & vegetables.
- ✓ Exercise regularly. It reduces stress & helps regulate hormone production.
- ✓ Visit your doctor regularly.

Don'ts

- ✗ Cut down on consumption of junk food.
- ✗ Limit your intake of soda & alcohol.
- ✗ Avoid scrubbing your face excessively while cleansing.
- ✗ Avoid popping, squeezing or picking at acne.
- ✗ Avoid excess exposure to sunlight.

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