



The Science of beauty

with *Carina Franck*



THE CHALLENGE OF ADULT ACNE

Nothing is more frustrating for a woman than suffering from a combination of wrinkles and acne at the same time. It seems almost unfair that, having survived the tumultuous hormone driven outbreaks of your teen years, it all starts again in your 30's and 40's. But is adult acne the same as teenage acne?

The short answer is no. Teen acne is due to the onset of hormones and increased oiliness of the skin, while adult acne is a result of age-related hormonal changes, certain medications and stress. Teen acne is concentrated around the T-zone and centre of the face, while adult acne appears mostly on the chin and side of the face.

As we get older, cell turnover slows, dead skin cells build up and get trapped in the pores. Increased use of thick creams and moisturisers (to battle the signs of premature ageing) further clog the pores. Many acne-fighting products are formulated for teen skin, which is 'thicker' than older skin and these products will quickly dry out a more mature skin. These products can also impair the barrier function making it more vulnerable to breakouts.

However, the major impact of adult acne on women is seen in the psychological effect experienced. According to a report by Healthy Women*,

- **65%** of women report that their acne makes them feel awkward, and they are embarrassed because they are adults.
- **One in three** women made an excuse not to attend an event due to a breakout
- **48%** of women spend more time trying to find different ways (hair styling, make-up) to cover or conceal their adult female acne.
- **4%** of women wonder several times a day whether people are noticing their acne.

*www.healthywomen.org/sites/default/files/AcnePollOutcomes.pdf

Adult acne sufferers can become the victims of anxiety and depression. Acne makes them feel more sensitive to what other people think of them, leading to a lowered self esteem. They begin to shy away from social events or meeting new people, embarrassed by their appearance. These psychological effects are often more harmful in adults because many feel they shouldn't be suffering with a 'teen' skin problem.

Helping women overcome the challenge of acne is a passion of mine. It is not simply, improving their skin, we are improving the quality of their life and positively changing their self-esteem.

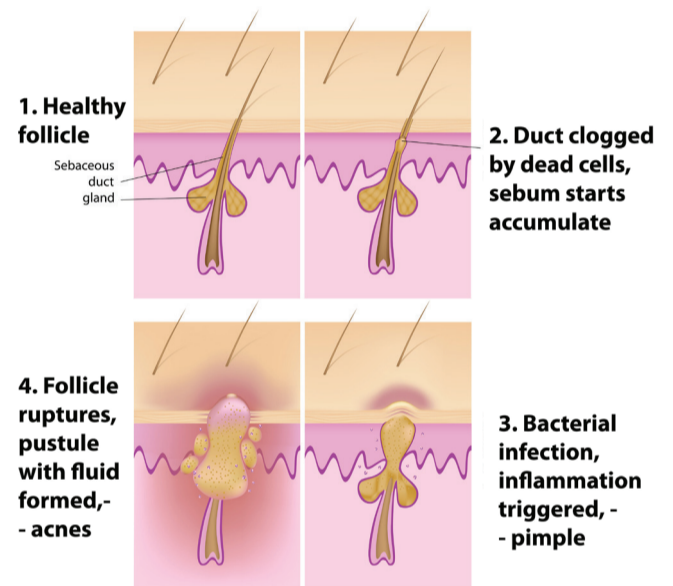
Kalahari has developed products that specifically target adult acne. We make use of a variety of phyto-effective plant oils and extracts, which have antiseptic properties that help reduce acne-causing bacteria on the skin. Our superior ingredients treat the inflammation of acne while maintaining excellent anti-ageing action.

If you are one of the millions of women who struggle with adult acne, I recommend monthly Kalahari Phyto-Correct treatments supplemented by the following daily skincare routine:

1. Daily cleansing. I recommend our Gentle Cleansing Milk as even acne prone skin's can be dehydrated. We also offer you a gel-based Facial Wash.
2. Tone using gauze pads
3. Twice weekly exfoliation with our Enzyme Face Buff. Remember - do not over stimulate the skin with the granule exfoliation.
4. Phyto Correct Serum applied to specific problem areas or Spot Application.
5. Oily Skin Correction Lotion applied morning and evening.
6. Hydralite Moisturiser morning and evening.

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Formation of Acne in the skin



Before and After Kalahari Acne treatment

(6 weeks homecare treatments in conjunction with Kalahari Professional Acne Treatment.)

