

5 Ways to Stop Breakouts Before They Happen

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When skin is bright and clear, we definitely want to keep it that way. From how often you should be washing your face to what you eat, here are five ways to keep acne from rearing its ugly head.

Wash Your Face Twice a Day

Cleansing your skin once a day isn't enough to keep breakouts away. "It's very important to wash your face at least twice daily, morning and night, to prevent bacteria and dead skin cells from clogging your pores," says New York dermatologist Gary Goldenberg, MD. He recommends using a gentle cleanser like CeraVé Foaming Facial Cleanser (\$8), which removes dirt, germs, makeup and dead skin cells without irritating skin.

Don't Sleep in Your Makeup

It may be really tempting to head straight to bed after a long day, but forgetting to remove your makeup isn't a good thing for your skin. It clogs pores while you sleep,

resulting in the acne you don't want to see. By keeping makeup remover wipes like Korres Greek Yoghurt Cleansing and Makeup Wipes (\$15) on your nightstand, you can get rid of stubborn face and eye makeup while softening skin—all in the comfort of your own bed.

Go Oil-Free

Make sure the products you're using don't cause more skin-care problems than they solve. "Whether it's moisturizer, sunscreen or makeup, make sure it's oil-free or says either 'noncomedogenic' or 'won't clog pores' on the bottle," Dr. Goldenberg explains. "Using oily products can make acne breakouts worse." We like Umbra Sheer Physical Defense SPF 30 from Drunk Elephant (\$38), an oil- and chemical-free sunscreen that diminishes signs of aging and provides powerful UV protection your skin needs without the greasy residue.

Watch What You Eat

Processed foods, sugary drinks, and even hormones found in certain foods like dairy, can cause acne. To keep skin clear, opt for healthier options like mushrooms, whole wheat and organic dairy products.

See Your Dermatologist

Regular visits to your dermatologist are one of the best ways to assess your skin and make sure you're on the right beauty path. They can also prescribe retin-a, which is very effective in preventing acne breakouts, as well as treating fine lines and wrinkles.