DR. MARLÉ'S SKINCARE NOTES

1. Universal Skincare Basics (For Everyone)

- Cleanse Gently Twice Daily: Wash your face in the morning and at night with warm water and a mild, non-soap cleanser. Avoid harsh scrubbing, which damages the skin barrier.
- Moisturize Daily: Every skin type needs hydration. A good moisturizer seals in moisture and maintains skin barrier integrity.
- Wear Broad-Spectrum Sunscreen Every Day: Use an SPF 30 or higher daily (even when cloudy or indoors). Sun damage accelerates aging and makes post-inflammatory hyperpigmentation worse.
- Never Go to Sleep with Makeup On: Sleeping in makeup clogs pores, traps bacteria, and prevents natural overnight skin turnover.
- Avoid Touching or Picking the Face: Hands transfer bacteria, oils, and dirt directly to the face. Wash your hands before touching your face and doing your makeup
- Stop scrubbing - Never scrub your face again instead use a good facial cleanser with a chemical exfoliant that exfoliates your face instead of a physical exfoliant.

2. Key Tips for Acne Patients

Cleansing & Product Selection

Use products that won't clog pores.

Use Target Active Ingredients:

- Salicylic Acid (BHA): Unclogs pores and cuts through surface oil. (Biomedical emporium's Facial Cleanser)
- Benzoyl Peroxide/ Dalacin T lotion: Kills acne-causing bacteria (C. acnes) and reduces inflammation. (Apply Dalacin T lotion to a pimple 3 times a day until gone)
- Retinoids (e.g., Adapalene/Differin, Tretinoin): Increase cell turnover to prevent pores from clogging in the first place.

Don't Over-Wash or Over-Exfoliate: Washing more than twice a day or using scrubs strips natural oils, prompting the skin to produce more oil to compensate.

3. Habits to Break

- **Do NOT Pop or Squeeze Pimples:** Squeezing pushes bacteria deeper into the dermis, increases inflammation, leads to scarring, and leaves dark marks (post-inflammatory hyperpigmentation).
- **Don't Skip Moisturizer:** Acne-prone skin still needs hydration. Dehydrated skin triggers excess sebum production. Choose lightweight, gel-based, or oil-free formulas.
- **Be Patient with Treatments:** Active acne ingredients take 6 to 8 weeks of consistent daily use before showing noticeable results. Switching products too quickly irritates the skin.

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4. Daily Hygiene & Environment

- **Change Pillowcases Regularly:** Swap pillowcases 1–2 times per week to prevent dirt, oil, and hair product buildup from clogging pores.
- **Sanitize Phone Screens:** Clean your phone screen regularly to prevent transferring bacteria to your cheeks and jawline.
- **Separate Face and Body Towels:** Pat (don't rub) your face dry with a clean, dedicated face
- towel.
- **Wash hair** regularly
- **Wash Makeup Brushes Weekly:** Dirty makeup brushes harbor bacteria, dead skin cells, and stale oil, which get rubbed back into open pores every time makeup is applied.
- **Rinse After Workouts Immediately:** Sweat mixed with skin oils and surface dirt clogs pores quickly. If a full shower isn't possible right away, rinse the face with lukewarm water or use a gentle micellar wipe.
- **Avoid Hot Water:** Washing the face with hot water strips essential lipids from the skin
- barrier, leading to dehydration and compensatory oil production. Stick to lukewarm water.
- **Wash your hands before touching your skin** or applying products on your skin and ensure
- that anyone touching your face washes their hands first. (Wash your nails as well)

5. Lifestyle, Diet & Internal Health

Watch High-Glycemic Foods & Dairy:

- High-glycemic diets (white bread, sugary drinks, processed snacks) cause rapid spikes in blood sugar and insulin, which can trigger excess sebum (oil) production and skin inflammation.
- Skim and low-fat dairy products have been linked in studies to acne flares in some individuals due to hormonal growth factors present in milk.

- **Manage Stress Levels:** Stress triggers the release of cortisol and androgen hormones, which stimulate sebaceous glands to produce more oil, leading to stress-induced breakouts.
- **Keep Hair Products Off the Face:** Oils, conditioners, and styling products can migrate to the forehead and temples, causing a form of acne known as acne cosmetica (or "pomade acne"). Wash hair regularly and keep styling products away from the hairline.
- **Hydrate from the inside out-** drink at least 35ml/kg of your body weight of water per day