



Proactive tips to reduce acne breakouts

It is only logical to take advantage of the time left for vacation and while everyone is at it, taking time to know how to take care of the skin before going back to school would be definitely a plus, especially when stress is very much expected. Here are some tips to reduce acne breakouts:

One obvious sign of someone being stressed by something that needs to go away, is when they habitually rest their faces on their hands, especially during class. It is quite a hard habit to break, but try to imagine all the dirt, oil and bacteria from the hands getting into those pores. It would only cause more clogging which leads to more breakouts, so keep those hands far from the face as much as possible.

It should be avoided to opt for fast food every time there is a need to catch up on the next class, or, try to save time and cram on a requirement needed, just hours away from the deadline. While everything is alright in moderation, eating a healthier option is still more advisable than getting too much sugar, dairy, fried, and processed foods. It does contribute to breakouts most especially when coupled with stress. Go for fruits, vegetable, and whole grains, or, prepare a healthy packed lunch at home. It also does save some allowance from buying fast food.

Another bad habit that needs to leave everyone's system is cramming. It does not help that much in getting those passing grades, it may probably work for some, but the stress brought by the lack of sleep just adds to the factors leading to acne breakouts. A bit of time management and having a responsible attitude by studying a bit everyday won't hurt. It may be challenging to keep it habit, but it will not only keep the grades up it could also clear up the skin, free from stress and breakouts.

Each Proactiv kit comes with a free Refining Mask that makes sure to keep skin clear and acne-free. Formulated with sulfur, a proven acne-fighting ingredient, reaches deep into the pores where blemishes begin. The Refining Mask unclogs pores, pumps out inflamed skin, and softens the skin's texture.

Keep all of these tips in mind and get one less stressful thought on the coming school days. To know more about Proactiv System, visit their website at <http://myproactiv.com.ph> or get your Proactiv 3-Strip System kit in any SM/Watsons outlets.