

# MANILA BULLETIN

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## The 3-Step System Acne Treatment

**A**fter all the summer getaway in the beach, in the outdoors, or tours in and out of the country, it is inevitable for most students to dread on the thought that the time to going back to school is getting nearer by the day. And tagging along this comeback is the stress brought about by sleepless nights studying or cramming on some seemingly insurmountable school requirements—this and acne breaking out from almost every corner of the face.

Here are some tips to reduce acne breakouts:

Students habitually rest their faces on their hands, especially during class. 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 and eating a healthier option is still more advisable. 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. A bit of time management



and having a responsible attitude by studying a bit everyday won't hurt. This 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, pampers inflamed skin, and softens the skin's texture.

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