

focus on

# FLAWLESS

conquer with

# CLARITY+



**Q: What is problematic skin?**

**A:** Problematic skin is a complex skin condition that affects 9.4% of the global population.

**Q: What causes it?**

**A:** Your skin is made up of tiny pores that are connected to oil glands beneath the surface of your skin via a canal known as a follicle. The oil glands (or sebaceous glands) produce an oily substance called sebum. Sebum is responsible for cleaning out your pores by carrying dead skin cells, dirt, and bacteria to the surface of your skin. Occasionally, sebum, dead skin cells, and old makeup and dirt will clump together to form a plug that clogs the pore. This results in the formation of bacteria (namely *Propionibacterium*, a specific kind of bacteria that's known to cause problematic skin), which then causes swelling and inflammation. There are also other intrinsic factors like hormonal changes and stress as well as extrinsic factors like diet, physical and environmental factors that can cause further breakouts and congestion.

**Q: Is there a difference between problematic skin and pimples?**

**A:** What most people don't know is that they are both forms of the same condition. The main difference is actually the severity of the infection and lesions (marks) that they leave on your skin. So the earlier you start targeting your breakouts the better.

**Q: Are there different kinds of problematic skin?**

**A:** Yes - there are many different forms, including micro-comedones, comedones, papules, pustules, nodules, and cysts.

A comedone is a small bump on the skin that occurs when dead skin cells and oil combine to form a plug (known as a micro-comedone), resulting in a clogged pore. If sebum continues to build up behind the plug, it enlarges to form a visible closed comedone (commonly known as a whitehead). These in turn become open comedones, which when exposed to air turn from white to black, hence the name blackheads.

Left untreated, blackheads become papules which are small red, inflamed and painful bumps that appear on the skin and reveal no visible pore and no visible fluid. These are commonly referred to as 'blind' pimples, as they have no head.

Papules can become pustules, or what we would describe as a pimple: small, blister-like bumps that are filled with a yellow or whitish liquid (known as pus).

Pustules can become nodules. They often form even deeper within the skin, are hard and often very painful, and are also more difficult to treat. These can then become cysts which are deep, painful pus-filled lesions that can lead to scarring.

**Q: How can I treat my breakouts?**

**A:** Breakout-prone skin is actually vitamin A deficient. By replenishing that deficiency with topical vitamin A products on a daily basis, you will help to normalize your skin and ultimately prevent the progression of breakouts. The higher the level of vitamin A, the more effective it is. Environ's Focus Care Clarity+® Range is an innovative 3-phase system offering a complete skincare solution. Each phase contains products that have been specifically formulated to target the effects of the root causes of breakouts by giving your skin exactly what it needs where it needs it most. Ask your Skin Care Professional for more information.



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