



MASKNE: A SIGN OF THE TIMES



What it is, and why it happens

Maskne can be defined as acne and skin irritation brought on by prolonged wear of PPE. Masks impose heat, friction, and occlusion on the skin. When combining this with a moist environment from breathing and talking – this is a recipe for oil buildup, breakouts, irritated, dry and itchy skin.

It is important to protect ourselves and others by continuing to wear our face coverings in public as an effort to prevent the spread of COVID-19. As we do our best to stay healthy, here is a guide to keep our skin healthy under our PPE.

Cleanse, Cleanse, Cleanse!

Prevention is key. Avoid trapping dirt and oil on the skin's surface before throwing on a mask for prolonged periods of time. Choose a gentle cleanser without harsh ingredients (like acids or retinols). Rinse with lukewarm water and be sure to completely pat dry before wearing mask.

Break-up with make-up

Makeup can be the culprit behind clogged pores and breakouts. Since skin is covered, this is the time to really tone it down! For those who absolutely can't kick the habit, opt for a lightweight tinted moisturizer and grab skin cleansing or oil blotting wipes for on-the-go refreshing.

Moisturize

Don't skip the moisturizer! Keep your skin hydrated and create a barrier between your skin and mask by choosing the right moisturizer for your skin type. Apply to cleansed skin before and after mask wearing. Choose a moisturizer with dimethicone or hyaluronic acid for an extra layer of protection for skin that is irritated and/or dry. For oily skin, opt for a very light non-comedogenic moisturizer.

Squeaky clean mask

For those working from home and only needing to mask up before the occasional office visit, consider using disposable paper masks for a clean & dry face-covering. If masks are needed more frequently, have a few cloth face coverings to properly clean and dry before each use.



Treatment

If you find yourself dealing with annoying breakouts and irritation, it might be hard to resist purging with every skincare product you own. Using harsh treatments at night and mask wearing during the day may exacerbate the problem since most acne treatments are made to slough off dead skin cells that can be trapped by masks.

Try spot treating acne with a diluted benzoyl peroxide at night, or only applying serums to affected areas rather than the entire face. Remember to never pick at skin. As always, stay hydrated, nourish with healthy food, limit processed food and excess sugars & manage maskne stress!

*"Be good to your skin.
You'll wear it every day for
the rest of your life."*

-Renee Rouleau