

# Beauty Tips: How to Combat Maskne



By Alycia Williams

Wearing a mask has become a part of our everyday lives, but some people are facing the hurdle of maskne, which is acne created from wearing a mask. Since we can't just stop wearing our masks, [beauty tips](#) are needed to prevent and treat maskne.

## Here are some beauty tips for preventing and treating maskne!

- 1. Skip your usual makeup:** Wearing too many products under the mask can cause a build up on the skin. Forego wearing

foundation, or pick non-comedogenic products under the mask to allow your skin to breathe. This is especially true if you work out in your mask.

**Related Link:** [Fashion Tips: 5 Ways Mask Fashion Can Elevate Your Look](#)

**2. Wash your mask after every use:** It removes any acne-causing bacteria and oils from the mask. Use hot water, laundry detergent, and white vinegar, which has antibacterial, antiviral, and anti fungal properties. Be sure to look for a laundry detergent that is fragrance-free, as leftover fragrance residue can also irritate skin.

**Related Link:** [Beauty Tips: How to Treat Oily Skin](#)

**3. Exfoliate and hydrate:** In addition to your daily washing, the two most important steps in your skincare routine that can help maskne are an exfoliating cleanser and a hydrating moisturizer. Swap your gentle cleanser for an exfoliating version three nights per week.

**4. Spot-treat:** If you're already experiencing a crop of mask-related pimples, you can use a spot treatment containing salicylic acid, sulfur, zinc, or 2.5 percent benzoyl peroxide.

**5. Consider a retinol:** Now is also a good time to hop on the retinol bandwagon, if you haven't already. Retinol speeds cell turnover, which prevents dead skin cells from clogging your pores. Start by using several nights a week with a pea-sized amount and gradually increase the frequency.

**6. Try a stronger OTC treatment:** This product changes the way the skin cells develop from the inside out and works well for blackheads and clogged pores. You can usually find these products over the counter.

**7. Create a barrier:** When maskne shows up as skin irritation, you may need a "barrier" product to protect your delicate

skin. A thin layer of Healing Ointment applied to the irritated skin just before putting on your mask works wonders.

**What are some other tips for treating and preventing maskne? Start a conversation in the comments below!**