

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!