

WHAT IS ACNE & WHAT CAUSES IT?

THE MENTAL & EMOTIONAL SIDE OF ACNE

+ What is Acne? “Retention Hyperkeratosis”

+ Types of Acne

- Blackheads
- Closed comedone
- Pustule
- Cystic

+ The Only Face Mapping That Matters

- Digestion (varied)
- Dairy
- Too much coffee/caffeine

+ How Acne Develops

+ Main Causes

- Genetics
- Pore-clogging products / improper skincare routine
- Diet
- Hormones
- Gut Health
- Acne-triggering vitamins, nutrients, supplements, & medications

+ The Emotional Side of Acne

- Sharing our personal acne journeys

ACTION STEP: Absorb this knowledge so you can understand that acne is multifaceted.