

Hormonal acne do's and don'ts

[Nutrition](#), [Healthy Food](#)



Do's

- Regular washing of face- this is a must if you really want to make acne disappear and prevent it from getting worse. Do this at least once or twice a day and don't scrub it roughly. A mild soap and warm water will do.
- Eat healthy foods- since you already know that foods can trigger hormonal imbalance, you now have the idea of what is healthy for you and what is not. Just eat the right amount of food because we all know that we need the nutrients of any food but it only gets harmful when you consume too much.
- Relaxation- this is an important exercise for women since hormonal imbalance makes them moody sometimes. You already know that stress can trigger acne, so avoiding it is a good way to prevent and stops it from getting worse. Don'ts
- Long exposure from the sun- an existing acne need protection from any harm and too much heat from the sun will worsen it. It might cause exasperation to the infected area.
- Picking and touching- people have this wrong habit of touching, scratching and picking the infected spot. Our hand can carry different kinds of dirt and bacteria from the things that we touched. You must avoid doing it to prevent the already sore spots from worsening.
- Use of oily make-ups- if you have an existing acne, refrain from using make ups that may worsen it such as those oily once. There many kinds of makeup that you can choose from that are not oil-based. If you can, apply light makeup to avoid irritation.

- Eating chocolate- women with hormonal imbalance tend to crave for foods that are sweet. There are some instances when a woman gets acne every month. That is because of their monthly period. They tend to cure their PMS with chocolates and candies but that is so wrong. Sweets will just add to the risk of you getting and worsening acne.

By simply doing these dos and don'ts, you are on to curing your acne. Make a habit of calming yourself and eating healthy foods to also improve your immune system to make it hard for the illnesses to invade your body.