

HER WORLD

HW

JULY 2018 • SINGAPORE • HERWORLD.COM

**FASHION'S
FAVOURITE
THINGS**

ROMANTIC
BLOUSES,
SAILOR
PANTS,
FLORAL
DRESSES

**SERIOUSLY
BLIND LOVE**
WHY GOOD
WOMEN *STILL*
STAY WITH
BAD MEN

**SERIOUSLY
GOOD PIZZAS**
PG 130 FOR
WHERE TO
GET THEM

**+
SERIOUSLY
DIFFERENT**
• SKIP TINDER
FOR INSTA DM
• DRINK THE
NEW IT WATER
• HOLIDAY AT
AN ADULTS-
ONLY PRIVATE
ISLAND

**SUMMER
MAKEUP -
NO YOUTUBE
TUTORIAL
REQUIRED**

#*?!#!!
WHY WE CAN'T
EVER SAVE MONEY

**THE
BEST
BASICS**

**SG DESIGNERS WHO
SPECIALISE IN THEIR
ONE GREAT THING**

**THICKER
MOISTURISERS
THAT THINNER
SKINS NEED**

TIPS

EXPERTS' TIPS TO GET RID OF BACNE FOR GOOD

Body acne can be one of the most annoying issues you have to deal with, especially if you were planning to bring out the swimsuits and tank tops for summer. Don't worry about covering up, you just need to follow these doctors' tips to get rid of bacne once and for all

27 JUL 2018 BY DEBBY KWONG



Photo: 123rf

The root causes of body acne



Photo: Shutterstock

Diet also plays a part when it comes to the occurrence of acne. Some foods to avoid include dairy products and sugar as they are often correlated to acne. Whey protein in protein shakes and powders are also commonly linked to cystic acne.

Doctor's Tip #1: Cleanse thoroughly & treat it gently



Doctor's Tip #2: Moisturise

Doctor's Tip #3: Prevention

Doctor's Tip #4: Correction

According to Dr Heng Wee Soon of The Ogee Clinic, he recommends The Acne Peel, which consists of 2 steps: medical extractions and a back skin peel using the clinic's specially designed chemical peel cocktail to gently exfoliate and target clogged pores and sebum plugs. Try the Blue Light PDT, which has been shown to improve inflammatory acne by up to 50%, says Dr Heng.

"It is safe, convenient, and painless. The combination of Blue Light PDT and The Acne Peel are highly efficacious to reduce angry and stubborn acne," he adds.

Body acne is something that you might experience even as an adult, whether it's due to stress, hormones, an unbalanced diet or not getting out of your sweaty exercise clothes quickly enough. Caused by clogged pores, excess oil and irritated skin, it's easy to treat body acne with a good body wash and hygiene habits.

But if you have body acne at hard to reach areas or over a large area, it might be better to get the professionals involved with in-clinic treatments.



Photo: Shutterstock