

Acne - Which products are best for your skin?

Acne can be a complex issue to treat quickly and permanently. To be successful, a regime should include not just skin care and treatments, but advice regarding diet and lifestyle. Here we have put together all your requirements to give you clear skin.

[Osmosis MD Rescue](#) serum is a perfect choice for all types of acne in all ages. We recommend starting with this, the [Osmosis MD Clear Spray](#), a cleanser, sunblock, lifestyle changes and after 3-4 weeks adding other, acne-specific products.

The biggest challenge for most people is finding a cleanser. Although you have acne, your skin is not necessarily oily. If it is inflamed at all, it may be dehydrated deep down – it is this that may be causing the re-bounce oiliness often associated with congestion, rather than all out pimples over your face. It's also important not to scrub at your skin, but to use pH balancing cleansers and masks instead. One pump is enough with these products – more is NOT better.

Tweens and teens with changing skin, but not problematic at this stage, could start on either the [Teen Aspect Starter Kit](#) or the [Aspect Problem Skin Kit](#). They are gentle and non-irritating, but with all the right combinations of ingredients to keep emerging adolescents' skin clear.

Cleanser:

DRYER, ROUGH SKINS -

- [Aspect Dr Deep Clean Facial Cleanser](#)
- [Osmosis MD Purify Enzyme Wash](#)
- [CosMedix Purity Solution](#) with their [Purity Detox Scrub](#)

OILY, PUSTULAR SKINS & CONGESTED SKINS -

- [Osmosis MD Deep Clean](#)
- [CosMedix Purity Clean](#)
- [CosMedix Purity Balance](#)

Body Acne:

- [Aspect Purastat 5 Cleanser](#)
- Look at your diet

Serums:

Once your skin is clean, ideally add one of each of the following –

VITAMIN C (morning only) -

- [Aspect Dr Active C Serum](#)
- [Aspect Extreme C 20](#)
- [CosMedix Benefit Balance](#) with [CosMedix Pure C Mixing Crystals](#)
- [Osmosis MD Replenish](#) – contains not just C, but B and many other antioxidants

VITAMIN A (night only) -

- [Aspect Dr Exfol A Plus Serum](#)
- [CosMedix Clarity Serum](#)
- [Osmosis MD Clarify](#) – good to just spot-treat
- [CosMedix Define](#) – good for congested skins and oily skins

Sometimes an "A" type serum is needed, without any Vitamin A. In this case, [Aspect Dr Problem Skin Serum](#) is the one to choose.

Acne - Which products are best for your skin?

Inflamed, Red, Irritated Skins:

- MORNING - • [Aspect Dr Redless](#)
- NIGHT - • [Osmosis MD Rescue serum](#)

Anti-Bacterial, Healing, Antioxidant Sprays:

- [Osmosis MD Clear Spray](#)
- [Osmosis MD Clear Plus + Mist](#)

Wellness Products:

- [Miessence Vitality Pack](#) – Probiotic, Berry Radical and Alkalisng Greens Super foods

Harmonised Waters (morning and night):

- [Osmosis Anti-T](#)
- [Osmosis Inner Harmony](#)
- [Osmosis Sugar Detox](#)

Moisturisers (morning + night):

These are all quite light, hydrating and will not clog your pores.

- [Osmosis MD Quench](#)
- [Aspect Dr Resveratrol](#)

Sun Block (imperative daily!):

- [CosMedix Reflect](#)
- [Aspect Envirostat Dry Touch SPF 50](#)
- [Colorescience Sunforgettable Brush](#)

Masks:

It is wise, for extra exfoliation, nourishment and stimulation, to use a mask 1-2 a week. [Check out our extensive range](#). They are all suitable for acne, congested skins.

Makeup:

Take care with your choices. If you are choosing the best skin care, you don't want to be undoing the good by clogging your pores with "cover-up". [Colorescience](#) and [Osmosis Colour](#) ranges will both treat your skin throughout the day, as they also cover and conceal.

Kits:

- [Aspect Dr Problem Skin Kit](#)
- [Aspect Dr ABC Essential Kit](#)

Don't forget, you receive \$15 off your first order!

Still not sure?

Complete the [Online Skin Consultation](#) and Gaye, our registered nurse will happily help you to choose the right treatments and products for your skin type or concern.

Share this with a friend!

