

MYTHS AND FACTS ABOUT YOUR SKIN

MYTH: Eating chocolate or such greasy foods as pizza or potato chips can give you blackheads and blemishes.

FACT: Scientific studies show that acne is not caused by food of any kind. However, some people do have allergic reactions to foods that can result in an acne-like flare up. Also, if you are eating greasy foods with your hands, the grease may transfer to your skin and if not properly cleaned, could clog pores.

MYTH: Makeup can make your face break out or cause pimples to get worse.

FACT: Makeup does not cause blemishes or cause them to get worse as long as you keep your face clean. And a water base make up can make you feel better while blemishes heal.

MYTH: Getting a deep, rich tan can clear up your skin.

FACT: Though a suntan may mask blemishes, it won't cure them. Also, the sun can cause wrinkles and lead to skin cancer. Whenever you are out in the sun, summer or winter, you should use a sunscreen.

MYTH: Nerves and stress can make your face break out.

FACT: At this time, there are no scientific studies that prove emotions can cause pimples, but if you are feeling nervous or upset you may be more likely to forget your daily skin-care routine or pick at pimples. That can cause skin to break out.