



Acne Skincare Myths



“Only oily skin gets acne”

Dry skin can break out too—hydration matters just as much.



“You need to dry out pimples fast”

Harsh spot treatments backfire. Calm skin, don't burn it.



“Natural DIY treatments are safer”

Lemon, garlic, and baking soda can damage your skin barrier.



“Scrubbing exfoliates away acne”

Rough scrubs irritate. Gentle acids work better.



“Oil-free is always better”

Some oils help soothe inflammation—don't fear them all.



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“Makeup causes breakouts”

It's not makeup—it's dirty brushes and poor cleansing.



“If it stings, it's working”

Tingling is often irritation, not improvement.



“Acne is only a teenage problem”

Adult acne is real, especially for women 30+.



“The more products, the better”

Too many actives overwhelm skin. Keep it simple.



“Popping pimples clears them faster”

It spreads bacteria and causes scarring—don't do it.