

Acne

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When it comes to skin that's breaking out, why not try a little tenderness?

For decades, dermatologists have treated acne with harsh chemicals and stripping, drying treatments. We have a different idea for your skin.

Your skin is part of a feedback loop, and can't be separated from the rest of your body when it comes to treatment. By stripping the skin of its oils and drying blemishes, you might make a few of them go away, but you're also causing your skin to create more sebum, which will likely result in an endless cycle of breakouts. Plus, treating the condition only at the surface won't address the root causes,

so you'll have to dig deeper to find out what's out of balance. It could be your diet, your hormones, your stress level, or the products you're using on your skin. It will take patience and a bit of detective work, but you will ultimately learn how to support your skin in a way that's much more than skin deep.

SO... WHAT IS ACNE?

Acne is an inflammatory condition complicated by bacteria and hormones, and each case is unique in the combination of factors that contribute to symptoms on the surface. Inflammation occurs both internally and externally, as a result of diet, stress, and concomitant illness. In almost all cases of acne, hormones play a role, from cyclical fluctuations in hormones like estrogen and testosterone to stress hormones like cortisol. Additionally, a specific pathogen called *Propionibacterium acnes* can cause increased inflammation at the skin level, increasing redness and causing pustules.



Let's do this together.

It may take a few months to see what feels like meaningful change, but if you go about it the right way, it will also be lasting change.

1 CRITICAL BEGINNING STEPS

STOP USING

Harsh acids, peels, and scrubs
Until your skin heals, over exfoliation will only lead to more breakouts. Also, the more you strip your skin of its natural oils, the more it will panic and feel like it needs to increase its own oil production.

A daily oil cleanser
Oil cleansing pulls oil from the skin very effectively, but daily oil cleansing may deplete the skin's natural sebum and kick it into rebound overdrive.

Drying masks or chemical blemish treatments
Again, soaking up the oil at the surface can be helpful from time to time, but mostly your skin is asking for support, not an attack.

A dirty washcloth or pillowcase
Make sure you're laundering your linens regularly with an SLS and fragrance-free detergent to limit your skin's exposure to microbes and chemicals.

Your fingers
Touching your face often or picking at blemishes can increase the chance of infection, irritation, and scarring. Use your hands lovingly to perform your skincare routine, and keep them away otherwise if possible.

START USING

Black Clay Facial Soap
Rich in minerals and nutrients for the skin, this bar is beloved among those managing acne. Essential oils of cedar, lemon, and bergamot fight bacteria, and coconut milk boosts lather and leaves the skin soft and nourished.

Balance Facial Serum
This herbal serum contains anti-inflammatory black cumin seed oil and schisandra extract, and is the perfect blend of oils to help your skin understand that it can finally relax.

Spotless Blemish Oil
Rather than blowing up a blemish on your skin leaving a dry, crusty mess, this gentle but powerful blend simply convinces blemishes to sneak away silently.

2 SUPER IMPORTANT NEXT STEPS

Once things start to settle down, you can add a weekly dose of our Detox Exfoliating Mask to keep things clear. You can also use it as a spot treatment by applying a tiny amount to a blemish and leaving it there for about ten minutes, followed by Spotless Blemish Oil.

Additionally, keeping a food journal and managing stress will be important in your healing process. By watching how your skin reacts to inflammatory foods like dairy and sugar, you'll have more information to guide your food choices. And managing your stress in a proactive manner will decrease your circulating cortisol levels, reducing the effect of stress on your skin.

3 NOW FOR THE FUN PART: THE SHOPPING LIST!

FOR THE FACE

[Osmia Black Clay Facial Soap](#)

[Osmia Balance Facial Serum](#)

[Osmia Spotless Blemish Oil](#)

[Osmia Detox Exfoliating Mask](#)

[Osmia Balancing Starter Set](#)

HAVING TROUBLE?

Everyone reacts differently to skincare plans—if you are not seeing results, [please email us](#) and we can help adjust your routine or suggest a few products from other brands that are gentle enough to try. While we hope Osmia works as well for you as it has for so many others, we are committed to helping you see results. We'll do our absolute best to customize your routine and guide you toward your healthiest skin.



Additional homework for greater success:

In addition to examining your diet and your stress level to see where you need to bring some attention, you may need to schedule a visit with your healthcare provider. Certain conditions like PCOS and thyroid disorders come with hormonal imbalances that can cause acne. So, if you're experiencing any other symptoms or are not seeing the results you hoped for with the changes above, it may be worth a medical evaluation to make sure you have the whole picture.

For more information on managing acne naturally, including some specifics about nutritional support, [read this](#).

If you feel that stress is a key component of your acne, or even wonder if it might be, [read this](#) to understand how stress affects your skin, and [this](#) to learn how to get started with a regular meditation practice.

WE ARE HERE FOR YOU.

Reach out anytime at
info@osmiaorganics.com

We're here to answer questions, and to hear your success stories!

You can do this.

Breakouts are irritating and uncomfortable and they mess with your confidence in a most unpleasant way. But, as with all skin conditions, your body is simply conveying a message that something is out of balance. While you won't be able to prevent all zits forever and ever, you can certainly do a lot to get things to a happier, healthier baseline. And the good news is that you can do it with products that not only work but are absolutely delightful to use.

With health and joy,

