

beauty & style



Baby Got Bacne?

Confused about why your back is breaking out? "It has a higher density of glands that produce oil and sweat than other areas of the body, making it especially prone to acne," says Noëlle Sherber, MD, a clinical assistant professor of dermatology at George Washington University. Don't worry—we've got your back.



By Maddie Aberman

✕ Post-Gym Clean

1. CLEANSE

Suds up with an anti-acne body wash (Neutrogena's has salicylic acid) using a long-handled brush to remove pore-clogging dead skin cells.

Neutrogena Body Clear Body Wash Pink Grapefruit, \$8, at drugstores; **Proactiv Body Brush**, \$30, proactiv.com



2. TREAT

Mist on a body spray that contains salicylic acid. "It exfoliates, dissolves dirt that gets stuck in pores, and also has an anti-inflammatory effect," explains Dr. Sherber. Murad's even sprays upside down. **Murad Clarifying Body Spray**, \$40, murad.com



3. MOISTURIZE

Acne-prone skin needs moisture too (dehydration prompts oil glands to overproduce), says Dr. Sherber. Just choose a light water-based option like Clinique's spray-on version. **Clinique Fit Workout Face + Body Hydrating Spray**, \$14, ulta.com



✕ Caution: May Cause Breakouts

Conditioner

As you rinse, the oils run down your back and can clog pores, says Dr. Sherber. Wash your body at the end of your shower to emerge sans residue.



Sports Bras

They trap sweat on the skin. The fix: a breathable, antimicrobial one, like Calia Women's Focus Strappy Sports Bra (\$35, caliastudio.com).



Shower Tools

A wet loofah is a major breeding ground for bacteria. Replace yours every three weeks, and if you notice any mold or a funky odor, toss it.



Hormonal Shifts

"Right before your period, progesterone and testosterone go up—a recipe for breakouts," says Lauren Streicher, MD, a professor of ob-gyn at Northwestern University.



✕ Diminish Dark Marks

Because the skin on your back is thicker than facial skin, post-inflammatory hyperpigmentation—the dark spots that linger after a zit heals—in that area takes longer to fade, say Dr. Sherber. At the first sign of a spot, treat swelling and redness with salicylic

acid (Clean & Clear contains 2 percent) to prevent scarring. If you've picked at it and have a stubborn older mark, apply a brightening serum to correct excess pigment. (SkinMedica's can help fade your dark marks in as little as two weeks.)



Clean & Clear Advantage Acne Spot Treatment, \$6.50, at drugstores



SkinMedica Lytera 2.0 Pigment Correcting Serum, \$154, skinmedica.com