

THE KIT

QUARANTINE SKIN TIPS FROM MICHELLE OBAMA'S FACIALIST

Including how to deal with mask-induced breakouts



Oprah Winfrey dubbed her the “skin guru.” Montreal’s **Jennifer Brodeur** is a biology teacher turned celebrity facialist. For years, Winfrey would fly her in for treatments and tell her famous pals about the aesthetician. That’s how Michelle Obama became a regular. It was also Winfrey who suggested Brodeur start her own product line. In 2016, she did just that, launching **JB Skin Guru**, a range of clean luxury skincare.

So who better than Brodeur to help us deal with our skin issues during isolation? This week, *The Kit* hosted an Instagram Live conversation between Brodeur and **Eva Hartling** of The Brand Is Female to answer skincare questions from our #kitcommunity. From mitigating the effects of stress on our face to nixing #maskne (that’s acne caused by face masks), here is everything you need to know to get healthy, glowing skin.

JB SKIN GURU FEATURED ON THEKIT.CA

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GET YOUR REST

“The sleep aspect is monumental,” says Brodeur. “That’s when the body repairs itself. That’s when the skin repairs itself.” She notes that while we might think we’re getting enough sleep, we often aren’t. “What happens is we’re not sleeping enough and we’re slightly stressed, so cortisol levels go up. Once those cortisol levels are up, we’re seeing a lot of reactivity.” So how can we **improve our sleep**, especially when we’re dealing with stress? “I often tell people to set a routine at night. If you’re cleansing your skin and you have this routine set, it’s a lot easier to fall asleep.” She also recommends staying off social media for at least an hour before hitting the pillow and replacing in-bed streaming with some reading.

LESS IS MORE

The amount of people who are really allergic to skincare products is actually much lower than we tend to think, says Brodeur. “Sometimes, it’s a minor reaction because we’re trying to do everything at once. So being in quarantine, it’s not about doing everything at once.” She encourages people to use the least amount of products possible on their skin. “It’s not the time to try a new routine, and if you’re going to try a new routine, only try one new product at a time.” She compares this approach to introducing new foods to a baby. “You would only add one thing at a time. Same thing with skincare at this time because if you’re not sleeping well and you’re a little stressed, your skin might react to something that in a normal setting, it wouldn’t react to.”

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PROTECT YOUR SKIN

“One of my favourite tips for the sun is avoiding it,” says Brodeur, who had a basal cell carcinoma removed from her forehead a few years ago. She now makes sure to always wear a hat to cover her face and ears. She’s also a stickler when it comes to sunscreen, emphasizing the importance of using it daily and reapplying every two hours. She prefers **physical filters** like zinc to chemical ones as those with sensitive skin tend to tolerate them better. Her favourites are from **The Sunscreen Company**, an Ottawa-based brand, **SkinCeuticals** and **Neutrogena**. And because sunscreen is designed to latch onto skin, you want to make sure to remove it well at night, she says.

PREVENT REACTIONS

Brodeur predicts many women will experience skin issues related to wearing a mask. “A lot of these masks are made with a lot of synthetics,” she explains. “With the masks and the heat, we’re going to see a lot of rashes and we’re going to see quite a few breakouts.” The first line of defence is making sure you’re properly cleansing your skin every evening, especially around the cheeks, mouth and chin. “If you’re able to get away with wearing no makeup because you’re just out and about, then don’t wear any makeup under the mask.” The friction of the mask coupled with makeup and warmer temperatures can trigger a host of skin conditions, especially if you’re prone to **rosacea**, **eczema** or **acne**. “It’s a tricky time right now.”