

My journey from teenage and adult acne to beautiful skin

Emma Thompson from Bee Haven discusses her tips for glowing skin.

Hello, dear readers! Welcome to my column. I am Emma Thompson, also known as @missbeehaven123 on social media. I am the founder of Bee Haven Bodycare®, a skincare entrepreneur, and an ethical beekeeper. Make sure to follow me on TikTok, Instagram, and Facebook for more updates. Feel free to email me on info@thebeehavenbeekeepers.co.uk with any questions regarding the below information.

Spots, and lots of them, were a constant struggle for me throughout my adolescent and adult life, until about six years ago, at 39! It affected my confidence, my bank balance, and my life as a whole. I had tried everything!

As a young teenager, I doused my skin in harsh chemicals, using anything from the kitchen or bathroom cupboards I could get my hands on. My aim was to kill the spot and dry it out, believing that by doing so, my acne would gradually disappear. Unfortunately, all that happened was more spots and scarring. I hated my skin! Every morning, I would



What happens is that dry skin cells cause a blockage to the exiting sebum, resulting in pustules, otherwise known as spots. So, dryness actually leads to more spots.

3 It is not all about topical applications of the right products - healthy skin starts from within too. It is equally important to look after gut health. Gut health is one of those things that is easy to ignore since you cannot see it, but the healthiest people I know who absolutely glow and radiate health are those who understand the importance of a healthy gut microbiome. Many cultures across Europe and Asia naturally incorporate bacteria-rich, fermented foods like sauerkraut, kimchi, kefir, and miso into their diets.

However, here in the UK, we struggle to eat a variety of foods that contain live bacteria. Coupled with the high level of antibiotics both prescribed and in the food chain, our gut microbes are under great stress, which can affect the skin. To improve this, incorporate probiotic-rich foods and prebiotic-rich vegetables and legumes into your diet. You will undoubtedly see a huge difference in your skin and immune health. Drinking lots of water and reducing processed sugars in your diet will also go a long way in helping your skin.

wake up hoping that something overnight would miraculously fix this huge confidence problem.

But now, I receive compliments daily on my skin. I love it. So, what happened? Here are four things I wish I had known as a teenager that I know now:

1 Spot treatments with brand names and huge label claims do not necessarily mean they will work. In fact, I can almost guarantee you that they won't. As a teenager transitioning into early adulthood, I went from using affordable pharmacy-bought spot treatments (that were not working) to department store-bought big brands with beautiful packaging and lots of different steps in this 'new' routine. The only difference it made was a new credit card bill landing on the doorstep every month. My skin still looked the same, maybe even worse. Not only was I stressed out, but so was my skin. This skin-stress resulted in more spots!

2 My aim to dry out the skin to reduce spots was wrong. I thought that skin oil equals spots. However, over the years, I have learned that the opposite is true. If you dry out the area, it does not stop the sebaceous glands located in the dermis from producing sebum, an oily substance used to lubricate the skin.

4 Natural is best. The reason I only discovered the answer to beautiful skin at the age of 39 was because of my wonderful hobby as a beekeeper. During another bout of really bad skin, I decided to make a balm at home and try honey, knowing how good it was for overall health. Well, little did I know how amazing honey and beeswax were for the skin, especially spots, scarring and redness. Within only a week I noticed a remarkable difference in my skin. Now send skincare products all over the world! And here in Northern Ireland, I have customers traveling sometimes hundreds of miles to not only buy our skincare but also get the advice contained in this article.

If you or any member of your family is struggling with skin conditions that include spots, dryness, redness, or inflammation, please tell them to get in touch (info above).

Emma x



AT THE HIVES –

Spring has sprung, and bee season has begun! However, April is still a dangerous time for honeybee colonies as natural nectar and pollen resources are low. Although it is now warm enough to open the hives, we tend to 'leave them bee' (sorry) until the beginning of May. We will provide supplementary syrup feed and check for signs the Queen is laying. When it all kicks off for us we will undertake weekly, in depth, hive inspections and also begin our Queen bee breeding programme.