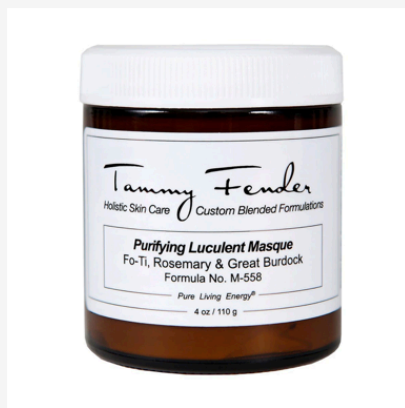


Adult Acne: Why You're Still Breaking Out in Your 20s and 30s

As a result, I'm always in some way working to prevent a fiasco with my at-home skin-care routine. I exfoliate every night with **Lancer The Method: Polish Blemish Control**, which has purifying tea tree oil, before cleansing. I use **Skinceuticals Phyto Corrective Gel** to control breakout-related inflammation. And I alternate between **Tammy Fender Purifying Luculent Masque** and **Eminence Hungarian Herbal Mud Treatment** once a week to keep my pores clear. I even do this thing where I wash my face after shampooing and conditioning my hair because I'm paranoid the fragrance and ingredients like silicones in hair products is yet another trigger. All of it combined keeps my breakouts *mostly* under control, but I still deal with more pimples than I'm cool with—on my cheeks, chin, back. It's getting old.



Tammy Fender Purifying Luculent Masque

Tammy Fender \$215

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