

mindbodygreen

The Skin Care Routine That Helped Clear My Adult Acne

Rose water:

Rose water is my daily go-to product for its abilities to [speed wound healing](#). [Tammy Fender Bulgarian Rose Water](#) is my current fave because it does not contain water as a filler, like other rose mists do, just pure rose water. This makes it more expensive but means you're getting a truly effective and pure product. It also contains a small amount of citric acid to promote cell turnover.

Gentle physical exfoliation.

It seems counterintuitive, but opting for physical exfoliation instead of chemical exfoliation (i.e., retinol, acids), which I often find sensitizing, helped balance my skin. The [Tammy Fender Epi-Peel](#) has been widely praised in the beauty blogger community for some time now. And when I finally tried it, I instantly discovered why; it's incredibly effective and GENTLE! The mask uses gentle kaolin clay to draw out impurities, tiny tapioca starch granules for exfoliation, and pairs them both with hydrating shea butter and beeswax to simultaneously nourish skin.