



# WellSpa<sup>360</sup><sup>SM</sup>

The Whole Health Resource for Wellness Spa Professionals

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## SEEING THE LIGHT

Red light therapy benefits, treatments and spaces

Holistic  
healing  
modalities



## Body Acne

Expert insights about the best ways to understand and holistically treat body acne.

### Where does acne most commonly occur on the body?

**Megan Blackwell, founder of Beso Wellness:**

Breakouts tend to occur anywhere there is excess oil production, bacteria or dead skin. Body acne can occur on the back, chest, neck, shoulders and sometimes even the buttocks.

**Cait McGuire, clinical specialist for Geneo:** Acne on the body typically happens in areas where there are more oil glands, so primarily on the chest and back. Other areas can include the scalp, arms, neck, torso, buttocks, groin and legs/thighs.

**Wendy Jules, RN, BSN, and Carla Nelson, LE, co-owners of Fleur De Lis Beauty & Esthetics in Brooklyn, New York:** Body acne occurs on the upper back, chest and the upper body in general, as that area contains more sebaceous glands that produce oil and, in turn, can cause acne.

### What are your top tips for treating body acne at the spa?

**Laura Basilis, custom branding specialist at NF Skin:** Our favorite ingredients are salicylic acid, which helps unclog blocked pores; and benzoyl peroxide, because it kills the bacteria and eliminates dead skin cells and sebum from the pores. CBD is also a house favorite, as it reduces sebum production and has anti-inflammatory properties.

**Blackwell:** Exfoliate, exfoliate, exfoliate. Exfoliating promotes cell turnover to get rid of dead skin. Saunas can help open up pores, and tea tree oil is an amazing antiseptic with antibacterial properties that can stimulate circulation and further open the pores for removal of excess oil and dirt.

Keeping the skin hydrated is crucial, as dry or dehydrated skin can cause a new set of issues. I recommend a moisturizer, like the Beso Body Milk, and tea

tree oil after showering to nourish skin once the pores are open.

**McGuire:** Geneo is a great choice for body acne for three reasons: exfoliation, oxygenation and specialized treatment kits. First, the oxygenation and exfoliation work together to remove superficial dead skin cells and kill acne-causing bacteria. Then, the Balance treatment contains ingredients that regulate oil production, clarify and refine pores, and increase cell turnover. Some standouts include bamboo charcoal to absorb impurities, salicylic acid to reduce breakouts and inflammation, and vitamin C to brighten and even skin tone.

**Jules and Nelson:** Microdermabrasion and chemical peels are our favorite treatments. The basic mechanisms of microdermabrasion or chemical peels involve exfoliating the outermost layer of skin to remove dead skin cells—notorious for clogging pores—and stimulating cellular turnover for fresher, healthier skin. Additionally, apple cider vinegar acts as an astringent to keep the skin dry and reduce inflammation.

### How is treating body acne different from treating facial acne?

**McGuire:** Body acne often has more of a bacterial component compared to the face, as sweat and heat are more easily trapped under clothing. Regular exfoliation and showering after exercise can help mitigate these factors.

**Blackwell:** The skin on the body is thicker, so products used on the body should be thicker or more dense to penetrate the epidermis. The skin on the face needs to be handled a bit more delicately.

**Jules and Nelson:** Body acne is more severe than acne in other areas, which is why clients need the help of a professional to clear it up and reduce scarring.

**Basilis:** Even though the face is more delicate, treatment of acne on the face and body is fairly similar, like using a specific



wash and spot treatment. Guests should keep in mind that these products come in alternative presentations, like sprays, for ease of application on the body.

### How can guests treat their body acne holistically?

**Jules and Nelson:** We recommend they wash their sheets more often and change up their diet to include more whole foods, which will help keep flareups at bay.

**McGuire:** Different types of acne can be triggered by stress, hormonal shifts, changes in product, weather and diet. Ruling out food sensitivities with a doctor can be a helpful holistic option, as well as managing stress through exercise, meditation, etc.

**Blackwell:** Shiatsu massage can be helpful. A trained therapist will put pressure on the client's liver, adrenaline, kidney, intestine, thyroid glands and other reflex points that stimulate circulation to encourage glowing, healthy skin. ☺



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