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8 Acne Myths, Busted by Experts

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No matter your gender or how old you are, you've experienced some form of acne—and there's a lot of misinformation out there about the condition. In honor of Acne Awareness Month, Mental Floss reached out to experts—Dr. Sandra Lee, a.k.a. [Dr. Pimple Popper](#), creator of the [SLMD Skincare Line](#); Vance Soto, President of [Ole Henriksen Face/Body Spa](#); and Jennifer Yen, natural beauty expert and founder of [pūrlisse](#)—to separate fact from fiction.

That said, the health of your body's [largest organ](#) *is* tied to your diet, according to Soto. "It's so important to maintain a balanced diet of leafy green vegetables and drink plenty of water each day," he says. "Everything in life is about a healthy balance. Beauty starts on the inside, so what you eat and drink definitely plays a major role in the health of your skin."

Soto had another recommendation: "I'd suggest taking a few drops of eucalyptus oil suspended into cold water and take your hand towel for some cold towel compresses," he says. "The aroma is beautiful and we find wonderful results for eruptions."