



## Beauty spot: 5 facts about acne

Acne starts with congestion, whiteheads, blackheads

... When little bumps under your skin form, that's congestion – the first sign it's about to turn ugly. When you see blackheads or whiteheads appear – you know the heat is being turned up, the pressure is on because those suckers about to get big, red and swollen. Nip pimples in the butt before they have a chance to attack by fighting back at the earliest stage possible. Do this by switching to a mineral makeup for a few days or using a clearing gel overnight like the **IntraCeuticals clarity treatment gel**, pictured ...

