

Ask Doctor Section

Question:

Hi ,

I have tried using apex product purifying comedo essence, it works very well and my skin is much clearer(less black and white head). How can I reduce the size of my pores?

Ginny

Answer:

Dear Ginny,

First of all, thank you for using our products. With oily skin, it is very important to keep a well balanced skin care regime. Using products that over moisturized (some cream based products) may cause breakouts and/or an imbalance in your skin's pH. In oily skin types, the sebaceous glands tend to be overactive, hence, producing excessive sebum. The pores are enlarged in the process and the skin has a course looking texture. Large pore size has a greater tendency in developing comedones (black and white heads) and/or acne.

Knowing the etiology of oily skin is important. It can help you determine the root cause of your problem. Causes of oily skin can include hereditary, diet, hormonal levels, pregnancy, certain birth control pills, skincare products, daily cleansing rituals and hot and humid weather conditions.

The type of skin care products that you use is very important. Always cleanse well with a gentle yet effective cleanser. Do not wash your face more than three times a day. Over cleansing may stimulate your skin to produce more oil. When cleansing, massage your face with cleansing products for at least 1 minute before washing it off. Rehydrate skin is important but do not over moisturize. Always remember to use gentle exfoliating products and a gel based, oil free moisturizer. Regular application of acne control products can balance the skin's natural pH to prevent unnecessary breakouts and blemishes.

Products that can help with pores size reduction and a smoother complexion:

1. DS 12 . Refining Cream (15ml) – Gentle exfoliating product
2. DS 08 . Blemish Control Cream (15ml) – Balance skin pH and reduce and control acne
3. DS 10 . Ultra Whitening Serum Mask (10 pcs) or

4. Ido's Twilight Guardian Mask (10 pcs)

5. DS 01 . Purifying Foam Cleanser (120ml)

Alternatively, you can try our recommended package:

Oily / Acne Prone Skin Package