

ask jacquie

by **Jacquie Carter**

Director, Worldwide Outer Nutrition Product Training



BAD HABITS

Whenever I get a pimple, I can't leave it alone and eventually I squeeze or "pop" it. Is it harmful for me to squeeze them?

As tempting as it is, squeezing a pimple can extend its visit for many days longer than planned, turning a two- to three-day misfortune into a seven- to 10-day embarrassment. It can spread bacteria and oil, and can leave your skin with long-lasting scars. It's just not worth it! When you start poking around at your pimples, the dirt and oils from your fingers has the potential to

force bacteria into your pores, which could ultimately lead to infection. Be sure to cleanse, tone and moisturize your skin daily, and use the Herbalife SKIN Purifying Mint Clay Mask. Then, leave the pimple alone!

Is it true that you can over exfoliate your skin?

Yes, it is true! We all love the way our skin looks after it's been exfoliated. All of the dead skin cells are gone, our fine lines don't seem so noticeable and our skin just glows. But too much of a good thing can lead to negative results. Over exfoliating can cause excess oil production and may worsen breakouts. Your skin can become irritated, you

may notice areas of redness, small bruises may appear and you may even develop minor abrasions that could take some time to heal. Use a gentle exfoliating scrub, such as Herbalife SKIN Instant Reveal Berry Scrub with Blueberry seeds to gently scrub those dead skin cells away, leaving behind a fresh, beautiful, non-irritated face. Just don't overdo it!



If you have questions, please email me at: askjacquie@herbalife.com

