

DO'S



Regulate your pH: Most people don't realize that it's integral to regulate the pH of your skin to keep it healthy.



Exfoliate: Exfoliation is essential for blackhead mitigation. Exfoliating eliminates dead cells and bacteria that clog pores.



Choose safe beauty: Try to find products that contain natural substances that steer away from parabens and other ingredients.

DONT'S



Pore Strips: You risk enlarging your pores over time, which will mean larger and more visible blackheads overtime.



Facial Scrubs: Exfoliating is important, but many facial scrubs on the market contain jagged particles or beads that are too rough on the skin and fail to cleanse it properly.



No Picking: It may irritate them further and even cause scarring.