

Scientific Resources

1. Hormonal Influence on Male Skin

Men tend to have more active sebaceous (oil) glands due to testosterone, making oily skin and breakouts more common.

- Zouboulis CC, et al. (2009). *Androgens and sebaceous gland function*. Clinical Dermatology.
<https://pubmed.ncbi.nlm.nih.gov/19095188/>
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2. Non-Comedogenic Products Prevent Pore Blockage

Using products labeled "non-comedogenic" helps prevent clogged pores and acne.

- Dreno B, et al. (2015). *A review of the use of topical non-comedogenic products in acne-prone skin*. Journal of the European Academy of Dermatology and Venereology.
<https://doi.org/10.1111/jdv.12878>
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3. Gentle Cleansing is Key

Overwashing can strip skin and trigger rebound oiliness. Cleansing twice daily is optimal.

- Baldwin HE. (2002). *The role of inflammation and comedogenesis in the pathogenesis of acne*. Journal of Drugs in Dermatology.
<https://pubmed.ncbi.nlm.nih.gov/12847790/>
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4. Exfoliation with Salicylic Acid or BHA

Beta hydroxy acids (like salicylic acid) penetrate oily skin and exfoliate inside pores, reducing breakouts.

- Kircik LH. (2010). *Efficacy of salicylic acid in the treatment of acne vulgaris: A review*. Journal of Clinical and Aesthetic Dermatology. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8874724/>
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5. Hydration for Oily Skin

Even oily skin types require hydration to maintain a healthy barrier and prevent increased oil production.

- Rawlings AV & Harding CR. (2004). *Moisturization and skin barrier function*. Dermatologic Therapy. <https://doi.org/10.1111/j.1396-0296.2004.04026.x>
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6. Sun Protection Prevents Hyperpigmentation

UV exposure worsens acne scars and leads to post-inflammatory hyperpigmentation (PIH). Sunscreen is essential.

- Grimes PE. (2009). *Management of hyperpigmentation in darker racial ethnic groups*. Seminars in Cutaneous Medicine and Surgery. <https://pubmed.ncbi.nlm.nih.gov/19691228/>
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7. Stress & Acne

Stress increases cortisol levels and androgens, which stimulate sebaceous gland activity.

- Arck PC, et al. (2006). *Neuroimmunology of stress: Skin takes center stage*. Journal of Investigative Dermatology. <https://doi.org/10.1038/sj.jid.5700104>
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8. Diet & Acne Connection

High glycemic foods and dairy may trigger acne in sensitive individuals, while omega-3s can help reduce inflammation.

- Burris J, et al. (2013). *Diet and acne: A review of the evidence*. International Journal of Dermatology.
<https://pubmed.ncbi.nlm.nih.gov/24320103/>
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9. Environmental Hygiene

Clean bedding and phone surfaces help reduce bacteria transfer and skin irritation.

- Hazarika N. (2021). *Role of hygiene in acne and other dermatologic conditions*. Indian Journal of Dermatology.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8875541/>