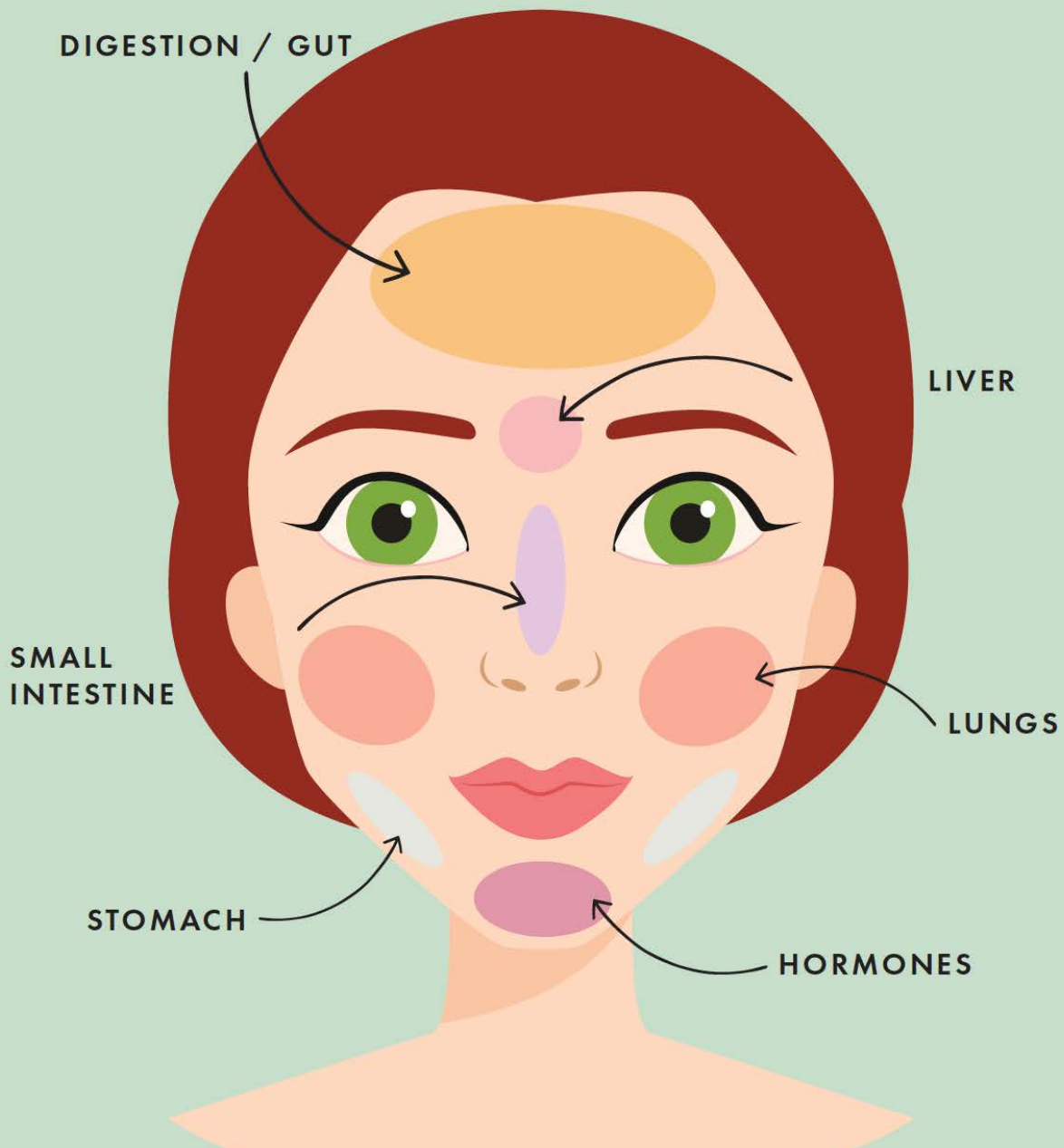


THE ULTIMATE GUIDE TO

FACE MAPPING

WHAT YOUR ACNE IS ACTUALLY
TELLING YOU





Do you always get pimples on your chin? Or maybe acne always seems to crop up on your cheeks or your T-zone? Your breakouts might be trying to tell you something!

This is where we introduce you to our favourite holistic approach to skin health - Face Mapping - the method of using the location of acne to inform treatment and prevention, which you'll learn more about in the coming pages.

The history of face mapping dates back several thousands of years to the days of ancient Chinese medicine. Although the concept has evolved over time, the core ideal remains the same: where you're breaking out is a reflection of what's going on in your body.

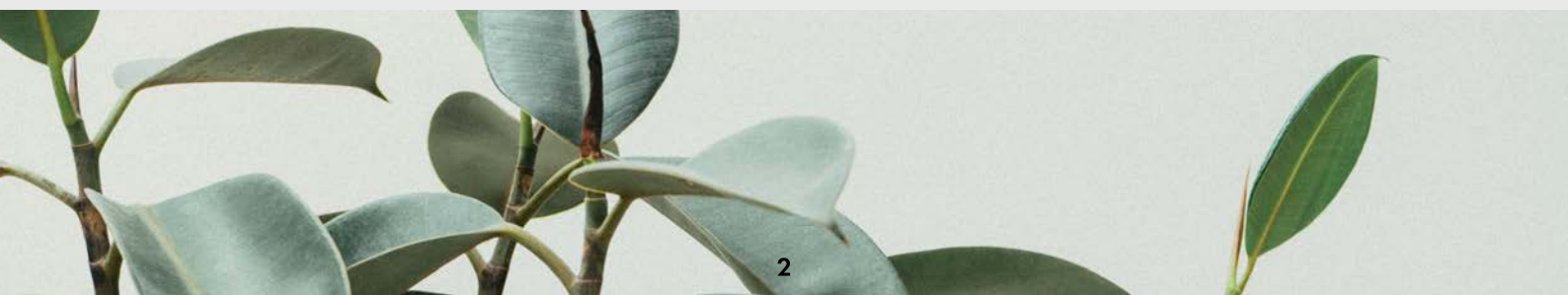
One of the places through which your body rids itself of toxins, illness, and stresses is its largest organ — the skin.

Hormones, diet, poor hygiene, stress, or an underlying issue with an internal organ are all factors that could trigger breakouts in a particular spot.

But, before you start obsessing over the location of your pimples, first of all, make sure that any dark spots or acne aren't caused by poor hygiene or a skin infection.

If the symptoms still occur after seven days of daily cleaning or treatment, then it's time to consider face mapping.

AHEAD, WE BREAK DOWN THE POSSIBLE CAUSES — AND SOLUTIONS — OF THOSE PESKY BREAKOUTS ON YOUR FOREHEAD, CHEEKS, NOSE, CHIN, AND MORE.





FOREHEAD

The prime culprit for forehead acne is the Digestive System.

Your body might be struggling to digest certain foods, so increasing good bacteria in your stomach or eating more alkaline foods are simple measures which could have big results.

Another contributing factor is stress or poor sleep. Getting your zen on with some meditation is a great way to switch off the old brain for a deep and peaceful slumber. Similarly exercising more (may we suggest a little woosah-ing with yoga?), and not only going to bed earlier, but getting a better quality of rest. That means no more scrolling through Instagram on your phone right before closing your eyes! Instead, try listening to some soothing music or reading a book to help lull you to sleep.

It could also be your shampoo or conditioner clogging the pores on your forehead so check the ingredients list.

If you frequently wear hats or beanies, the friction from the fabric could also be to blame.



NOSE

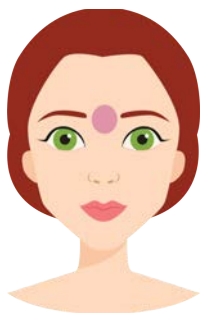
If your breakouts are closer to the nostril area, this might be due to an imbalance of the Small Intestine.

In this case, try avoiding cold drinks and only consuming those at room or ambient temps.

Your nose is also linked to your heart, so cutting back on meat and spicy foods (which are quite inflammatory) could reduce breakouts here.

Swap these for foods that contain "good fats" like nuts, avocados, fish, or flaxseed.

Since this area is chock full of dilated pores, check that your makeup is not past its expiration date or does not contain pore-clogging ingredients.



IN BETWEEN THE BROWS

Zits in this area are linked to an imbalance in the Liver, Kidney, Stomach or Spleen.

Pimples in this area can be a sign of too much greasy food or too many big nights slurping back appletinis. Your liver needs some rest and TLC so sip generously on warm water with lemon or dandelion tea which great liver tonics and help flush out the toxins. You might want to also up your fruit and veggie intake and snack on foods high in fibre.

This is also the zone where food allergies show up first. Lactose intolerance is a possible factor as is a diet rich in foods that are difficult to digest like fast food.

If you get your eyebrows waxed, this could also be prompting breakout-causing ingrown hairs.



CHEEKS

Pimples here are often related to the Lungs.

Because this area also corresponds with your respiratory system, this is the problem zone for smokers, allergy sufferers and city dwellers.

Polluted air is the culprit so who needs a better excuse for a trip to the vineyards for some fresh air? You may also want to look at how clean your mobile phone and pillow case is, as it could be the source of the bacteria infecting your pores.

Pimples in on your cheeks are also a sign of too much sugar and alcohol. This one might disappoint all of you who carry around Sriracha like it's mascara — avoid spicy foods.

You might also want to cut back on those after-work happy hours and dose up on an alkalising green smoothie instead!



CHIN AND JAWLINE

Breakouts across the chin and sides of chin usually has to do with Hormones & Stomach.

Pimples in the middle of the chin are linked to the small intestine so certain foods could again be the trigger.

Pimples around the jawline are usually linked to hormonal imbalances and stress.

While hormonal changes can be unavoidable, you can decrease the effect by getting adequate sleep, drinking enough water, eating leafy green veggies, and keeping skin squeaky clean.

READY TO KICK ACNE'S BUTT?

Get 15% off Happy Skincare's Fairy Godmother Serum #2 - Clear & Calm (100% natural, cruelty free, vegan and suitable for acne, oily & blemish-prone skin)



☆ ENTER THIS CODE AT CHECKOUT ☆

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T's and C's

15% off offer is valid on Fairy Godmother Serum #2 (Clear & Calm) for blemish-prone skin. Limit 1 use per customer. You must use the code **BYEBREAKOUTS** at the checkout. Not valid with any other discount codes (as there is a limit of 1 discount code per order).

Discount is valid until 11.59pm 30 September 2019 AEST. Offers are subject to stock availability - no rainchecks sorry. Excludes wholesale orders and automatic deliveries. Offers cannot be applied to previously placed orders. We reserve the right to cancel any order due to unauthorised, altered, or ineligible use of offer and to modify or cancel this promotion due to system error or unforeseen problems. Ongoing offers promoted in this eBook/book or on happyskincare.com.au are subject to change without notice.



