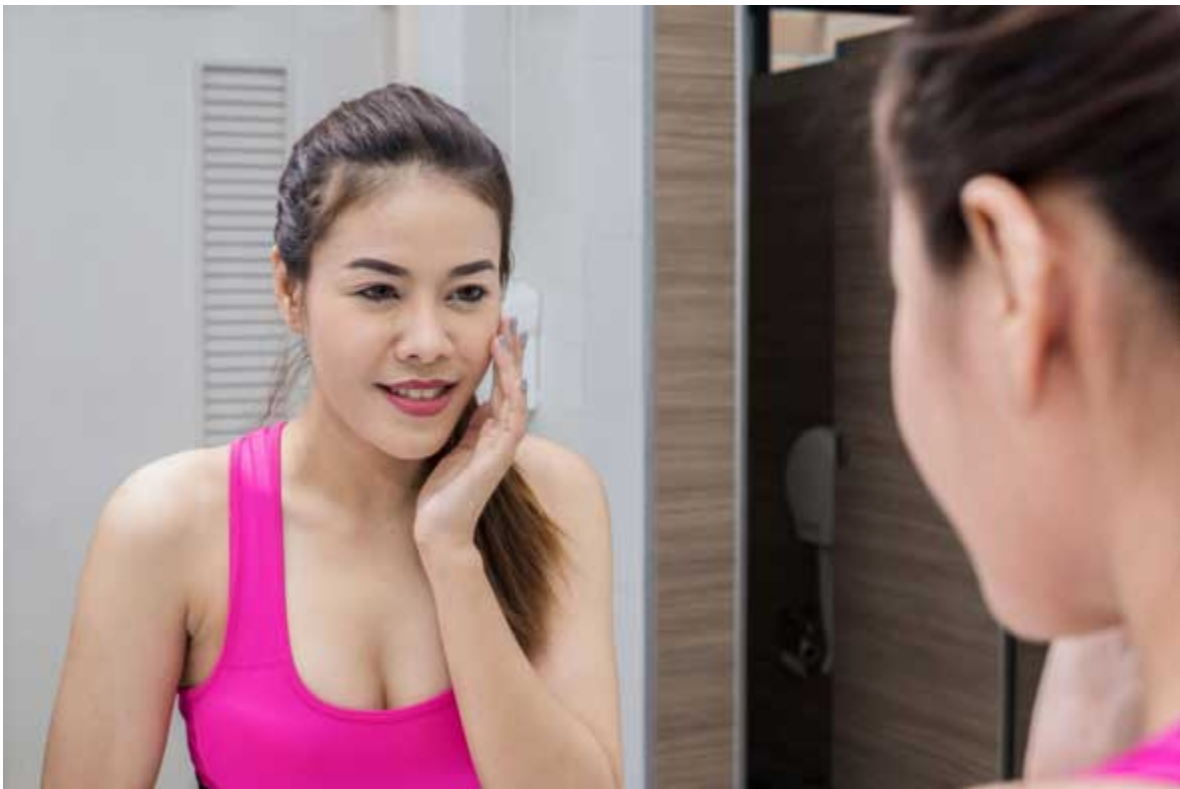




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**SKIN CARE TIPS FOR GYM RATS..  
Courtesy of Dr. Michael Horn!**



While exercise has multiple benefits, workouts and great-looking skin often don't go together. **We turned to Dr. Michael Horn, a Board-Certified Chicago plastic surgeon and anti-aging expert, to give tips on how you can get the six-pack and still have glowing, acne-free skin.**

### **Sweat Itself Does Not Cause Acne**

**First, "It is important to know that sweat itself does not cause acne," says Dr. Horn. He explains, "Professional sportsmen are predisposed to accumulating dirt and bacteria in their pores during and after workout periods. If left without proper cleansing, this can cause worsening in skin conditions like acne and dermatitis."**

### **Avoid Makeup**

These days a gym visit almost doesn't seem to "count" unless one posts it on Instagram. This often leads women to wear makeup to the gym. Just don't.

**Dr. Horn says, "Most makeup will clog pores by not allowing the skin to breathe naturally during workouts."**

**A better option is a tinted moisturizer if you are self-conscious about your skin tone.”**

## **SPF**

If you're going to be outdoors, apply a light moisturizer with SPF to keep your skin protected from UV rays. Make sure to choose a lightweight product so as not to clog up your pores. Look for words like **“non-comedogenic”** or **“oil-free”** to know that your sunblock won't cause acne.

## **Don't Touch Your Face at the Gym!**

Cardio machines, weight machines, and free weights, all breed bacteria. Touching them and then wiping beads of sweat off your face is a sure way to spread bacteria that can create new breakouts. Make sure to bring a towel for this instead of using your hands.

## **A Flowing Mane of Hair is Not Your Friend During a Workout**

When you are working out it is a good idea to keep hair out of your face by styling it into a bun or rocking a dry and clean sweatband.

Sweat and dirt can get transferred from your hair onto your face. If you haven't washed your hair and use hairspray or other hair products, these can also splash onto your pores and perspiration. This can cause irritations and breakouts.

### **How to Choose the Right Gym Towel**

An old rag won't be effective at absorbing sweat. However, you don't want a gym towel that is as absorbent as a bath towel you would use to dry off your body after a shower at home.

**Dr. Horn says, "The gym towel should be a happy medium — absorbent enough to keep your face dry during a workout, but not so thick it clings to bacteria even after a wash."**

### **Wear Loose and Comfortable Gym Clothes**

**"Spandex is tight clothing that can lead to skin infections from bacteria and fungi," warns Dr. Horn. "Wear loose attire that will also help wick away the sweat preventing it from being absorbed by your skin." Just google "sweat-wicking workout clothes."**

### **Reduce the Redness**

Calm down a flushed face with your redness control remedy made up of a little bit of iced green tea and a spray bottle

**“You’ll cool down your skin and add in a few extra anti-oxidants in the process,” says Dr. Horn.**

### **After your workout**

**Dr. Horn stresses, “Wash your face immediately after your workout. You don’t want a mixture of dirt, oil, and bacteria clinging to your skin, affecting its pH, and clogging your pores. If you are exercising in a park where there is no sink, bring cleansing facial wipes with you.”**

### **Moisturize Post Workout**

No matter your type of skin, after cleansing, you must moisturize.

**Dr. Horn says “Skipping this essential step can unknowingly dehydrate your skin causing your oil-producing glands to overcompensate by producing an oversupply of oil. Use a moisturizer that’s been produced for your specific skin type and condition immediately after cleansing for the best results.”**

### **Skip the Hot Shower**

Sure, your muscles are sore, and you're in the mood for a hot shower after a workout.

Dr. Horn points out that, "Hot water strips the skin of vital oils, leaving you with dry, itchy, dull skin." Exfoliate more often to avoid "Bacne." Breakouts on your back or chest are particularly common for "gym rats." To avoid this, use a gentle body scrub three times a week. Dr. Horn says, "This will keep pores clear and skin functioning well."

### Save Your "Superhero" Products for Night

Save serious treatment products for bedtime. Dr. Horn points out, "Even seemingly normal skin can experience much more sensitivity right after a workout. You may want to wait until redness decreases by bedtime to use your super-active acne or anti-aging treatment products."

Thank you to Dr. Michael Horn for his great tips and suggestions.

Dr. Horn has shared some very smart tips about how to get a good workout in and still have clear skin!

I learned a few things and will follow his suggestions!

About Dr. Michael Horn:

Board-Certified Chicago, Illinois Plastic Surgeon,

[www.lakeshoreplasticsurgery.com](http://www.lakeshoreplasticsurgery.com)

Led by renowned Chicago plastic surgeon, Michael A. Horn, M.D., the Michael Horn Center for Cosmetic Surgery is

dedicated to helping patients achieve their personal appearance goals by providing the highest quality medical care tailored to their individual needs.

With more than 10,000 breast augmentation surgeries performed during his career of more than 23 years, Dr. Horn is known in the Chicago

land area as the authority on breast augmentation. His artistic eye, mastery, and surgical skill in performing various face and body procedures,

his dedication to patients' safety, combined with his focus on unparalleled care and attention, make him one of the most sought-after surgeons in the Midwest.

Dr. Horn earned his medical degree at Loyola University in Chicago.

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