

BACNE & STOMACH ACNE

Uncover
the Secrets to
Clear Skin

背部和腹部痤疮

揭秘如何拥有清透肌肤

Acne doesn't just stop at your face—bacne (back acne) and stomach acne are common skin concerns that can affect anyone. While they share similar causes, they can impact daily life differently. In this article, we'll explore the causes of bacne and stomach acne, how to prevent breakouts, and effective treatments to get your skin clear again.

痤疮不仅局限于脸上，背部痤疮和腹部痤疮也是常见的皮肤问题，可以影响任何人。虽然它们的成因相似，但对日常生活的影响却有所不同。在这篇文章中，我们将探讨引起痤疮和胃痤疮的成因，如何预防，以及有效的治疗方法，帮助您恢复清透肌肤。

WHAT ARE BACNE AND STOMACH ACNE?

Bacne appears on the back, shoulders and sometimes the arms, while stomach acne develops on the abdominal area. Both types happen when hair follicles get clogged with oils, dead skin cells and bacteria, leading to pimples, cysts, blackheads or whiteheads. The larger sebaceous glands in these areas make them more prone to acne.

CAUSES OF BACNE AND STOMACH ACNE

Several factors can contribute to acne on both the back and stomach. Understanding these causes is the first step toward prevention and treatment:

- **Hormonal Changes:** Hormonal fluctuations during puberty, menstruation, pregnancy or times of stress, can trigger an overproduction of sebum. This excess oil can clog pores and lead to acne on the back, shoulders and stomach.
- **Sweating and Tight Clothing:** Sweat mixed with bacteria can clog pores, especially when trapped by tight, non-breathable fabrics.
- **Poor Hygiene or Infrequent Showers:** Not showering after sweating for long periods can build up dirt and oils, leading to acne.
- **Genetics:** Family history plays a significant role in the development of acne. If your parents had acne, there's a higher chance that you might develop it too, including on your stomach or back.
- **Diet:** While not always a direct cause, diet can impact acne. Foods that are high in sugar or dairy might exacerbate acne.
- **Skin Care Products:** Some skin care products or lotions can clog pores, contributing to breakouts.

HOW TO PREVENT BACNE AND STOMACH ACNE

Preventing bacne and stomach acne involves a combination of skin care and lifestyle changes. Here are ways to minimize breakouts on both areas:

- **Shower After Sweating:** Whether you're working out or just sweating from heat, showering as soon as you've stopped sweating profusely to remove sweat and oils from your skin is crucial. Use a body wash like NewLife™ Castile Liquid Cleanser. It is a gentle, non-toxic, plant-based cleanser.
- **Wear Loose, Breathable Clothing:** Tight clothing made from synthetic fabrics can trap sweat and bacteria, contributing to breakouts. Opt for loose, breathable clothes made of natural fibres like cotton and linen, which allow the skin to breathe.
- **Exfoliate Regularly:** Use NewLife™ Radiance Scrub to gently exfoliate dead skin and prevent clogged pores.
- **Use Non-Comedogenic Products:** Choose non-comedogenic lotions and sunscreens. These products are designed not to clog pores.
- **Avoid Scratching:** As with facial acne, picking or scratching can cause further irritation and scarring.
- **Healthy Diet and Lifestyle:** Maintaining a healthy, balanced diet and managing stress can help control acne. Limiting sugary and greasy foods and drinking plenty of water may have a positive impact on your skin.

什么是背部痤疮和腹部痤疮?

背部痤疮通常出现在背部、肩膀,有时还会蔓延到手臂,而腹部痤疮则出现在腹部区域。这两种痘痘的形成,都是由于毛囊被油脂、死皮细胞和细菌堵塞,导致粉刺、囊肿、黑头或白头出现。此外,这些部位的皮脂腺较大,使其更容易爆痘。

什么是背部痤疮和腹部痤疮?

导致背部和腹部痘痘痤疮的因素有很多,了解这些原因是预防和治疗的第一步:

- **激素变化:** 青春期、月经周期、怀孕或压力大时,体内激素波动会刺激皮脂分泌过多,导致毛孔堵塞,从而在背部、肩膀和腹部引发痘痘。
- **出汗与紧身衣物:** 汗液与细菌混合,容易堵塞毛孔,尤其是在穿着紧身、不透气衣物时,情况会更严重。
- **卫生习惯差或洗澡不勤:** 长时间出汗后不洗澡,会使污垢和油脂堆积,从而引发痤疮。
- **遗传因素:** 家族史对痤疮的发生有很大影响。如果父母有痤疮,那么您出现痤疮(包括背部和腹部)的可能性也会更高。
- **饮食:** 虽然饮食并非直接原因,但会影响痤疮。高糖或高乳制品的食物可能会加重痤疮问题。
- **护肤品选择:** 某些护肤品或身体乳可能含有致痤疮成分,容易堵塞毛孔,导致痘痘爆发。

如何有效预防背部及腹部痤疮

预防背部和腹部痤疮,需综合考虑皮肤护理与生活方式的调整。以下为具体建议:

- **运动或出汗后及时清洁:** 无论是因运动还是因炎热而出汗,一旦大量出汗停止,都应及时洗澡以清除皮肤表面的汗液和油脂。推荐使用温和、无毒、植物基的沐浴露,例如新生命有机护理卡士迪清洁液。
- **穿宽松透气的衣物:** 紧身或由合成纤维制成的衣物,会困住汗液和细菌,导致痤疮。建议穿着选用宽松、透气的天然纤维衣物,如棉或亚麻,让皮肤能够呼吸以促进皮肤健康。
- **定期进行角质护理:** 使用温和去角质产品如新生命澄亮焕采磨砂纤维等,定期去除死皮,防止毛孔堵塞。
- **使用非致粉刺性护肤品:** 挑选标有“非致粉刺”标识的乳液和防晒霜,确保所选产品不会引发毛孔堵塞。
- **避免抓挠:** 与面部痤疮一样,抓挠或挤压会造成二次伤害及留下疤痕。
- **调整饮食结构与生活习惯:** 保持均衡膳食,减少高糖、高脂食物摄入,并保证充足水分摄取;同时注意压力管理,这些措施均有助于改善皮肤状况。

NATURAL REMEDIES: CASTOR OIL AND COCONUT OIL FOR ACNE AND SCARS

天然疗法：蓖麻油和椰子油 治疗痤疮和疤痕

Castor oil and coconut oil are effective natural remedies for treating bacne, stomach acne and fading acne scars. Together, they reduce inflammation, promote healing, hydrate the skin, and improve skin texture, making them ideal for managing both active breakouts and scars.

Together, castor oil and coconut oil provide a potent combination of healing, anti-inflammatory, and moisturizing properties. Their combined action fades dark spots, reduces pigmentation, and improves skin texture, gradually diminishing acne scars and promoting an even skin tone. This makes them not only effective for treating active breakouts but also for improving the overall appearance of skin.

To minimize scarring and pigmentation, avoid prolonged direct sun exposure—especially during peak hours between 10 a.m. and 4 p.m.

蓖麻油和椰子油是治疗背部痤疮、腹部痤疮以及淡化痤疮疤痕的有效天然疗法。结合起来，它们能够减轻炎症、促进愈合、为肌肤补水并改善肤质，因此非常适合应对活跃痘痘和疤痕。

蓖麻油和椰子油结合在一起，具有治愈、抗炎和保湿的功效。它们的协同作用可以淡化黑斑，减少色素沉着，改善皮肤质地，逐渐减少痤疮疤痕，促进肤色均匀。这不仅对治疗正在发作的痘痘有效，还能改善皮肤的整体外观。

避免长时间直接暴露在强烈阳光下，尤其是在高峰时段，通常是上午10点到下午4点，以尽量减少进一步的疤痕和色素沉着。

Castor Oil Benefits 蓖麻油的功效



- **Reduces Inflammation:** The ricinoleic acid in castor oil soothes inflamed skin and reduces redness from active breakouts.
- **Promotes Healing & Scar Fading:** Rich in essential fatty acids, castor oil nourishes the skin, supports its healing process, and helps fade acne scars over time.
- **Hydrates the Skin:** Castor oil locks in moisture, preventing dryness and supporting skin repair.

- **消炎：**蓖麻油中的蓖麻油酸可以舒缓发炎的皮肤，减少活跃痘痘引起的红肿。
- **促进愈合和淡化疤痕：**富含必需脂肪酸，蓖麻油滋养肌肤，支持其愈合过程，并能逐渐淡化痤疮疤痕。
- **滋润皮肤：**蓖麻油锁住水分，防止干燥，支持皮肤修复。

Coconut Oil Benefits 椰子油的功效



- **Antibacterial Properties:** Lauric acid in coconut oil helps eliminate acne-causing bacteria.
- **Reduces Inflammation:** Like castor oil, coconut oil calms inflamed skin and reduces irritation.
- **Scar Fading & Skin Repair:** The antioxidants in coconut oil support skin repair and help fade scars over time.
- **Moisturizes the Skin:** Coconut oil hydrates acne-prone skin, balancing oil production to prevent excess sebum.

- **抗菌特性：**椰子油中的月桂酸有助于消除引发痤疮的细菌。
- **减轻炎症：**与蓖麻油一样，椰子油能舒缓发炎的皮肤，减轻刺激。
- **淡化疤痕和修复肌肤：**椰子油中的抗氧化剂支持肌肤修复，有助于逐渐淡化疤痕。
- **滋润肌肤：**椰子油平衡油脂分泌，防止皮脂过多，适合滋润容易长痘的肌肤。

HOW TO USE CASTOR AND COCONUT OIL TOGETHER

如何将蓖麻油和椰子油一起使用

1. Cleanse the affected area thoroughly.
2. Mix equal parts of NewLife™ Organic Castor Oil and Organic Extra Virgin Coconut Oil. Add a few drops of NewLife™ Wonda Oil if you have itchy skin.
3. Gently massage the mixture into the back or stomach, focusing on areas with acne and scars.
4. Leave overnight for optimal absorption and healing.
5. Repeat daily for best results.

1. 彻底清洁受影响的部位。
2. 将等量的新生命有机蓖麻油和有机特级初榨椰子油混合。如果皮肤发痒，可加入几滴新生命万宝油。
3. 轻轻地混合物按摩到背部或腹部，重点按摩长有痤疮和疤痕的部位。
4. 留置过夜以达到最佳吸收和修复效果。
5. 每日重复使用以获得最佳效果。

Bacne and stomach acne can be frustrating, but with the right care, you can manage and reduce breakouts. Regular cleansing, wearing breathable clothing, and using natural remedies like castor oil and coconut oil can go a long way in treating acne and fading scars. If acne persists, or if you're struggling with severe cases, it is important to consult a dermatologist or NewLife™ health consultants to develop a personalized treatment plan. Clear skin is achievable with right approach—take control and feel confident in your body again.

背部痤疮和腹部痤疮可能会令人烦恼，但只要护理得当，就能控制和减少痘痘。定期清洁、穿着透气的衣物以及使用蓖麻油和椰子油等天然疗法，对治疗痤疮和淡化疤痕大有帮助。如果痤疮持续存在或情况严重，咨询皮肤科医生或新生命健康顾问以制定个性化的治疗方案是很重要的。只要方法得当，拥有干净的皮肤是可以实现的——掌控局面，重新对您的身体充满自信。