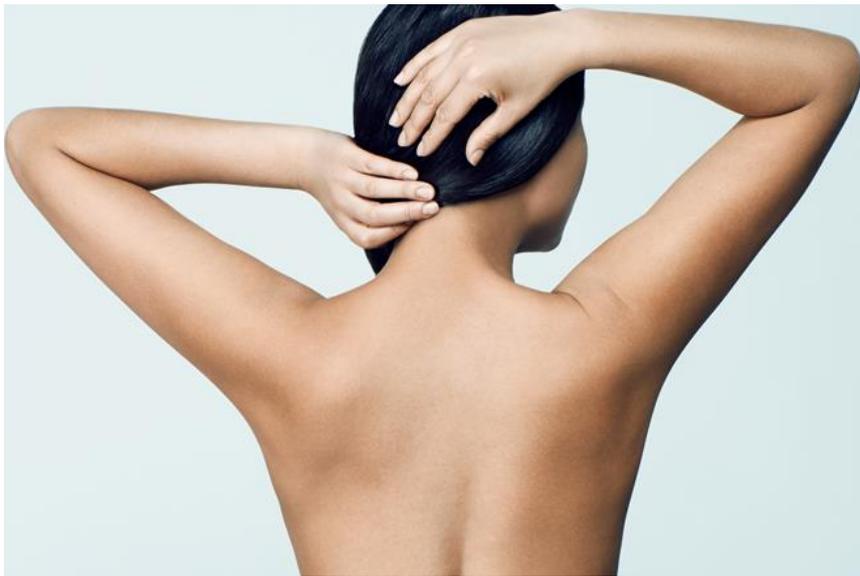


Banish bacne

Wednesday, 6 July 2016

As if breakouts on our faces aren't bad enough, spare a thought for those of us who are plagued with it on our backs (or bums) too.



Bacne, a combination of "back" and "acne," is almost as common as it is annoying, and unlike that pimple on your face it can't just be hidden with a quick application of foundation and dealt with later. But there's simple things you can do that will make your whole body look clear, clean and back to normal again, leaving you to bare your skin and love every inch of it.

BSA reader, **Lucho Gomes Balanco** asked if her bacne was due to her high protein diet and her gym lifestyle. Our Skin Renewal expert Dr. Allem replied.

To read the full article visit:

<http://beautysouthafrica.com/skin-and-body/banish-bacne>