

At this time of year, it's easy to swathe yourself in thick knits and forget about what's underneath, but all those layers can leave you with an attractive crop of 'bacne' – or, worse still, 'buttne' (yes, that's actually a thing). 'Acne on the body is more resistant to treatment than on your face because the skin is tougher,' says Dr Susan Mayou, consultant dermatologist at London's Cadogan Clinic (cadoganclinic.com). But body breakouts can be blitzed if you step up your routine. Here's how...

SPOT CHECK

Prepare to give body breakouts the boot...

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BACK OFF

'The back has the highest concentration of sebaceous glands, apart from your T-zone,' says Dr Mayou. 'The area is also hard to reach, so thorough cleansing is crucial.' Switch to a body wash with salicylic or glycolic acid, like Lancer Body Cleanse [4], £34, but avoid grainy scrubs. 'Friction just makes matters worse so a leave-on treatment with 2% salicylic acid is better,' says dermatologist Dr Sam Bunting. We recommend Paula's Choice Clear Exfoliating Body Spray 2% BHA [5], £23, and Murad Clarifying Body Spray [2], £35. Skip any spot creams containing benzoyl peroxide on your body – it's fine for face breakouts but bleaches fabrics.

ON YOUR MARKS

Bacne gone but left you with scars? Book in for Enerjet therapy at the D.Thomas Clinic (dthomas.com), from £550. It uses a high-powered jet of hyaluronic acid to create a controlled wound, which accelerates collagen production and breaks down scar tissue.

BUM DEAL

Breakouts on your booty? You're not alone. 'There are more bacteria below the waist so a spotty botty is actually very common,' says Dr Mayou. 'It is generally caused by the hair follicles becoming clogged and infected – a

condition called folliculitis.' Wearing tights every day is a key culprit. 'Clothing that sits tightly on the skin makes it sweaty and clogs the follicles.' Ditch the opaques and swap your shower gel for an antimicrobial wash, such as Dermol 200 Shower Emollient [3], £8. 'If you have actual boils, see a GP or dermatologist, as these should be treated with antibiotics.'

NO SWEAT

If you're embarking on a new year fitness regime, make sure you aren't rewarded for your efforts with a bumper crop of breakouts. 'Sweat clogs the pores, so shower straight after your workout,' says Dr Bunting. When that isn't an option, stash Clinique Post-Workout Face + Body Cleansing Swipes, £16, in your gym bag or, for serious breakouts, spritz cotton pads with Sesderma Azelac Lotion [1], £18.20, or Aknicare CB Chest & Back [7], £19.95. For repeat bum breakouts you might want to skip spin class: 'Friction from the saddle can drive bacteria into the skin and trigger folliculitis,' warns Bunting.

LIGHT THE WAY

Got one big monster? Resist the temptation to squeeze and instead zap it with Neutrogena's new Light Therapy Acne Spot Treatment [6], £29.99 – a pen-sized gadget that uses blue light to kill bacteria and red light to take down swelling.

an antimicrobial shower emollient and preservative for the skin. (It's dry)

DERMOL 200
SHOWER EMOLIENT

Murad.

Blemish Control
Clarifying Body Spray
Spray corporel purifiant

AZELAC
FACIAL / BODY / HAIR
FACIAL / CORPOREL / CAPILAIRE
Face, scalp and body lotion
Lotion pour le visage, le cuir chevelu et le corps

LANCER
THE MIGHTY
BODY CLEANSE

PAULA'S CHOICE
CLEAR
EXFOLIATING
BODY SPRAY 2% BHA

AKNICARE
CB
chest & back

Spray emulsion for skin on chest & back
Emulsione spray acneica di petto e schiena
Émulsion en spray acnéique du dos et du dos
Sprühemulsion für die Haut auf Brust und Rücken