

Fighting Acne



My name is Veena Rani. I am a vocational trainer at TSMU Sangeem, Gavicherla.

As a Beauty and Wellness vocational trainer, my work is to let the student know everything about Beauty and Wellness and what a Beauty Therapist does. A Beauty Therapist should be well-versed with the beauty services and therapy operations and have basic service aptitude. He/she needs to be aware of the basics of beauty therapy, health and hygiene, safety and needs to be knowledgeable about various beauty products. Proficiency in communication and keen service orientation would help in providing world class services to the clients.

A Beauty Therapist is expected to perform basic depilation, manicure, pedicure and basic face care services.

A Beauty Therapist also assists in a salon ambience maintenance and also does various other odd jobs in the salon including sell salon retail products after obtaining knowledge on them.

And that comes without telling that I have to make my students aware about their own beauty and wellness as well.

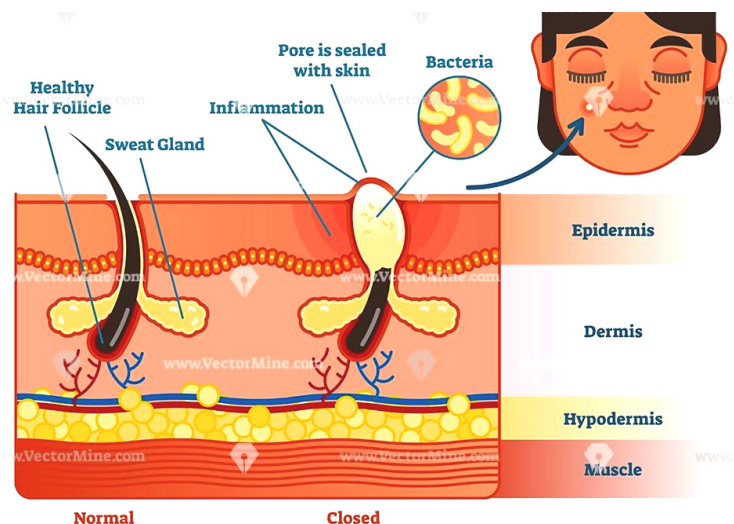
One of my students noticed facial acne and told me that it bothered her. She was disappointed with her recent yearbook pictures and admitted that the breakouts contributed to feelings of low self-esteem. I gave her some advice and guided her as to how to overcome acne. I also told her that it was normal thing and she shouldn't be too worried about it.

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In today's world, this is the case of self-consciousness with every teenager moving through adolescence. They get really conscious of how they seem to look in front of their friends and people.

Acne is a common skin condition that affects 90% of people at some point of their lives especially, during their teenage years. Other than the normal causes of acne, research suggests that acne can be associated with significant psychological morbidity and can impair the individual's quality of life.

I told my student to follow my advice to avoid chocolate and fried foods from her diet. I told her to try a few facial cleansing products and do regular cleansing with toning and avoid over-exposure to sunlight (for UV rays). I also asked her to use anti-dandruff shampoo for her dandruff as it is a major cause of acne. She followed what I had suggested and as a result, her acne skin became clear in two weeks. She definitely seemed happier.



There are many things a person can do to prevent pimples and other forms of acne:

- Wash the face twice daily.
- Refrain from harsh scrubbing.
- Keep hair clean.
- Refrain from popping or picking at pimples.
- Apply topical treatments.
- Consider topical retinoids.
- Talk to a dermatologist about antibiotics.
- Try an oil-absorbing moisturizer.
- Don't skip your morning wash.

"Being a Beauty and Wellness expert, it is my job to talk about such things. But, I like to emphasize on the fact that everyone is beautiful and that people only need to look after and maintain themselves in terms of health and hygiene to glow from the outside. That will immediately give you the self-confidence from within. I try to focus on Beauty and Wellness more towards health rather than just physical appearance."