

Lipstick

How to Deal With Bacne: A 3-Step Plan

Finding the confidence to bare your shoulders in the summertime is a million times easier when you know your skin isn't covered in bacne (a.k.a. back acne). Thankfully Dr. Paul Jarrod Frank of the [Fifth Avenue Dermatology and Laser Center](#) in NYC has tips to help keep your body breakouts under control.



- 1. Nix tight clothes.** "Sweat and tight clothing can aggravate acne and bacteria, especially at the gym," explains Dr. Frank. So whether you're heading to a workout or going to be outside in high temperatures for a long period of time, think "soft cotton t-shirt" not "spandex."
- 2. Rinse as soon as you stop sweating.** The key to preventing breakouts in the first place: Not allowing perspiration to mix with your sunscreen and other potential pore-clogging products. Step into a quick shower, or at the very least, wipe yourself down with a body or makeup wipe after a sweat session.
- 3. Switch to a salicylic body wash.** The ingredient will help clear breakouts on your back the way it does on your face. Dr. Frank's pick: Neutrogena Body Clear Body Wash, (\$7, [drugstore.com](#)). But keep in mind: "Scrubbing and exfoliating will aggravate the condition, so avoid loofah sponges and anything abrasive," warns Dr. Frank.