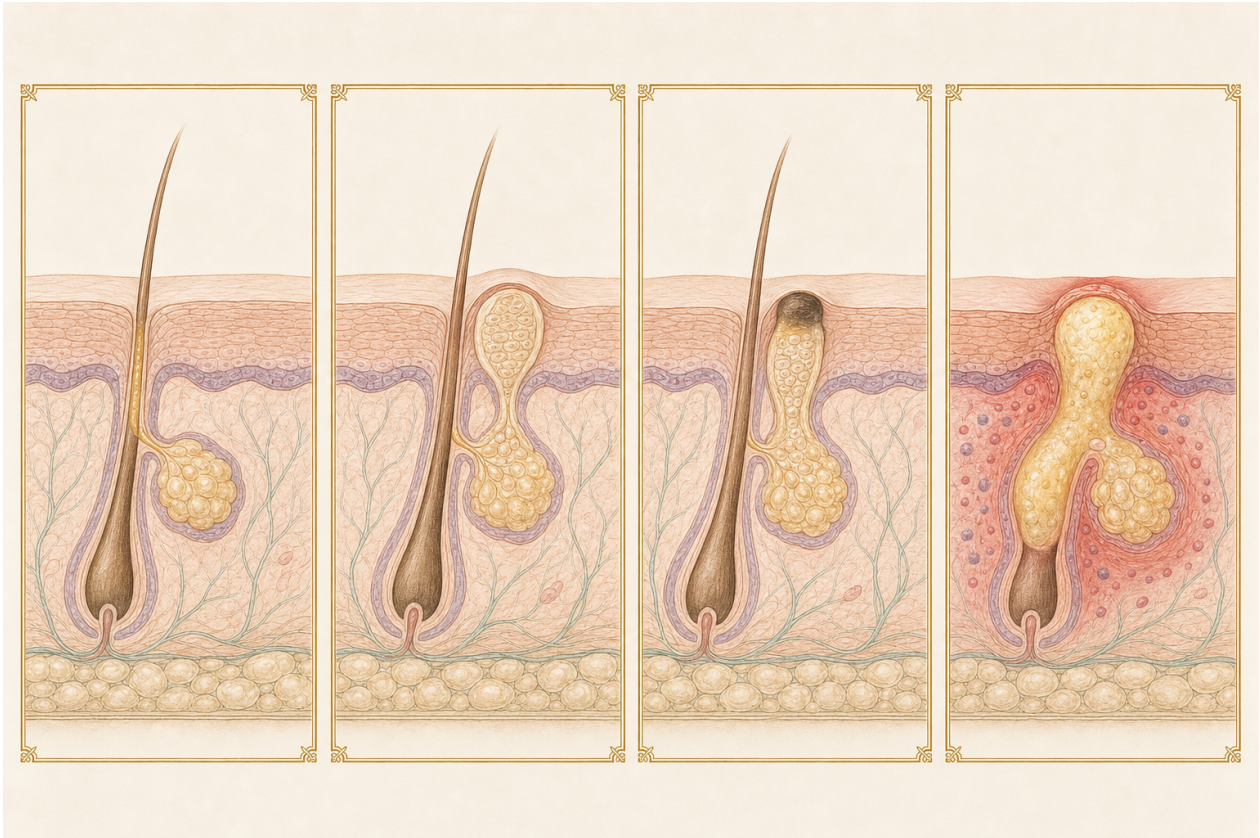


Sebum, comedones and active acne

Learn what sebum does, why blackheads are not dirt and when congestion becomes inflammatory acne.



What it means

Sebum is the oily material made by sebaceous glands. It helps reduce water loss and supports the skin surface. A comedone forms when oil and shed cells collect in a follicle; an open comedone looks dark because the contents are exposed to air, not because the pore is dirty.

Important limit

Aggressive extraction, scrubbing and microneedling over painful, infected or heavily inflamed lesions can worsen irritation and pigment change.

Sebum, comedones and active acne

How Idalia may support you

Route	Purpose	Starting point
Hydra-style cleanse	A gentle cleansing and hydration route for suitable congestion.	From GBP 40
Selected salicylic peel	A screened option for suitable oily or non-inflamed congested skin.	From GBP 45
Acne programme	A staged plan when current breakouts and post-acne changes need separate treatment.	From GBP 45

A useful home-care foundation

- Use gentle, non-comedogenic products
- Do not squeeze or pick
- Use daily broad-spectrum SPF
- Treat active acne before scar remodelling

Pause and seek appropriate review when

- Painful nodules or cysts
- Sudden or severe acne
- Scarring acne
- Acne affecting wellbeing

Remember

This leaflet is general cosmetic education. It does not diagnose a condition, confirm suitability, replace medical advice or act as treatment consent. Individual response and recovery vary.

Read the full guide: <https://starwellness.studio/sebum-comedones-acne.html>

Idalia Aesthetics & Wellness - Dudley and the West Midlands