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## Brie Larson's Hilarious Zit Fail Is All of Us

By Julie Ricevuto | June 29, 2016



What do you do when a pimple bubbles its way up onto the surface of your skin, leaving you to obsess over it during every waking moment of your day? Well, if you're like Brie Larson, you probably just slather that bad boy with your most potent acne cream before bed and call it a night. While this is usually a solid solution for some fast-acting blemish control, Larson recently learned the hard way that there *is* such a thing as too much zit cream, and the outcome might actually be worse than the original zit itself.

The actress took to Instagram yesterday to not only express her dismay over her current skin situation, but also to poke fun at herself for it: "When you're stressing/obsessing over a zit so you put on too much zit cream before bed and wake up to giant dry spot but you gotta get your photo taken anyway," she wrote. The image features a giant, red arrow to point out the blemish on her chin, which had by then turned into a dry, flakey patch accidentally created by her overzealous acne-fighter application.

Brie, you really are a woman after our own hearts.

But let's get back to that pimple problem for a second. We've all been there. (Although, lucky for us, only our moms and best friends are studying our selfies...not the half the world.) How can you prevent it from happening in the first place? According to Dr. Marnie Nussbaum, board certified dermatologist and chief medical ambassador for Sebamed, "spot treatments with benzoyl peroxide and salicylic acid should be used sparingly, typically only

a pea-sized amount is enough to treat." If you use any product more than that, you'll be left with a red, dry spot on your face similar to Brie's.

If this does end up happening to you, resist the urge to pick at it. "It's important to leave the area alone—that means no picking!" says Dr. Nussbaum. Instead, look for products containing green tea to calm and soothe the skin in the affected area. If it's still inflamed, celebrity dermatologist, **Dr. Ava Shamban** recommends applying 1-percent hydrocortisone cream to it for a few days. These tricks for covering red, dry skin should help too.

Since it appears that Brie hasn't succumbed to the urge to scratch at her blemish, we're glad to see she's on the road to recovery. Live and learn, people.

<http://www.glamour.com/story/brie-larson-acne-photo>