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## This Vlogger Used Floss to Extract Blackheads From Her Nose

BY SARAH KINONEN | May 1, 2017



Unlike 99.9 percent of the world, I *love* flossing. So much so that I usually keep a stash of DenTek flosser picks in my desk drawer at all times for post-meal cleanup. (After a two-and-a-half year stint of Invisalign, I'm *very* diligent about the appearance of my smile, thank you very much.) But never in my life did I think my beloved flossers could be used for more than digging out post-salad snafus. Or can they?

Thanks to Reddit, we were recently introduced to beauty vlogger Sukhi Mann and her go-to trick for extracting blackheads on the fly using — you guessed it — flosser picks, and we've got to be honest here, it's frightening.

The full tutorial on Instagram is compromised of three steps to rid dirt of pores and remove excess sebum. First, Mann soaks a towel in hot water and places it over her T-zone for five minutes to ready pores for the coming extraction. She then takes two flossing sticks and carefully scraps them down and around her nose, picking up sweat, dirt, and whatever else is clogging her pores. As a final step, Mann soaks a cotton ball in mouth wash (Listerine, to be exact) and uses it as a makeshift toner, swabbing the freshly extracted area.

Worried that Mann was doing more than good using this DIY blackhead hack, I reached out to Beverly Hills-based dermatologist and founder of SkinxFive, [Ava Shamban](#), for the scoop on whether or not this trick is considered safe for replicating. As it turns out, the hack isn't as bad as it looks, says Shamban. Surprised? Me, too.

"Since she's using it to essentially scrape the skin, it looks like it would be okay [to replicate] as long as you're not using the [flosser stick] in a sawing motion, cutting into the skin," Shamban tells *Allure*. "The only drawback would be that the floss is clean, but not sterile." Shamban also warns that when using the floss, if you have an inflamed pimple and it pops, there's a possibility bacteria from the area could spread to the entire face, which could ultimately lead to infection.

So while using a flossing stick to slick off excess sebum is *kinda* dermatologist-approved, it's the use of mouth wash as toner that has us and Shamban concerned. We're certainly not condoning the use of mouth wash as a toner (because there are lots of toners already on the market, like the Fresh Umbrian Clay Purifying Facial Toner that work just fine *and* are approved to be used on your face), but if your heart is set on Listerine, Shamban recommends checking the ingredients label before swabbing it on skin. "If it has methyl salicylate as an ingredient, which is an anti-inflammatory, and ethanol, which is in rubbing alcohol, together they'd make the area clean," she says. "However, if it has menthol, it could cause contact dermatitis, which is an allergic reaction."

Suffice it to say, while there's no immediate harm surrounding the DIY blackhead hack going viral, keep in mind that if you do give it a try (and please, don't), it should in no way, shape, or form be as a substitute for a consultation with a trained medical professional.



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