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How to Avoid Forehead Breakouts When You Have Bangs

By Sarah Kinonen | June 2, 2017



There's no denying the fact that bangs can dramatically transform one's face. No matter which length, style, or shape you chose (because we all know there are lots of options), you're bound to look (and probably feel) like a new person the second you decide to cut bangs. And along with your new "identity," comes a myriad of unexpected issues, including high-maintenance upkeep, possible greasiness, and even potential breakouts.

And since summer has unofficially begun, that last point is probably many people's main concern. Bang breakouts are fairly common, says Beverly Hills-based dermatologist **Ava Shamban**, especially in the hot, humid months of summer. (Ugh.) The reason? Well, there are two, according to Joshua Zeichner, director of cosmetic and clinical research in the department of dermatology at

Mount Sinai Hospital in New York City. "First, oil that accumulates on the hair itself can rub against the skin and block pores," he explains. "Second, hair over the forehead may trap oil produced in the skin, along with dirt and sweat, increasing your risk for breakouts." Other times, your styling products could be to blame, says Shamban.

But whatever the cause, if you have bangs and acneic skin, the influx of forehead bumps can easily be avoided by washing your hair and your face regularly. For your skin, Zeichner recommends a salicylic acid-based cleanser (like one of these picks), which helps remove excess oil and exfoliate dead cells that accumulate on the skin's surface.

Another trick is to keep your hair pulled back and away from your face, which, to be quite honest sounds easier said than done. "If not pulled back all the time, at least keep your bangs off your face when you work out, as you are more sweaty and oily than normal [during that time]," says Zeichner.

Dove hairstylist, Cynthia Alvarez, recommends sweeping bangs into a hairstyle when it's just too damn hot. "The bangs equivalent to saying 'I can't deal' is to pretend like you don't have them," says Alvarez. "For the days when you can't deal with your bangs, hide them in a cute braid or twist. Top off the look by accessorizing with a fancy pin." Or, you can try one of Sophia Panych's (our deputy digital beauty director and former bang wearer) fringe-concealing styling hacks.

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