

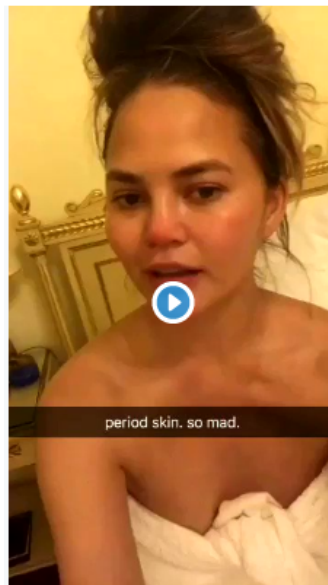
## Chrissy Teigen Isn't Happy With Her 'Period Skin'

Elise Solé | July 31, 2017



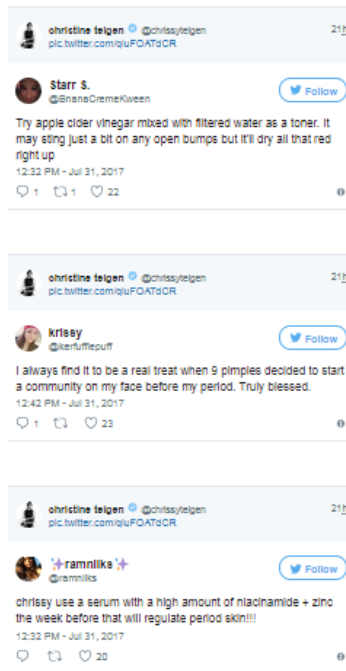
Chrissy Teigen is an open book when it comes to her stretch marks, sex life, and political views — and now, her skin problems.

On Monday, the model tweeted a video of herself wrapped in a white towel, frowning at what she called “period skin.” Rubbing her reddened nose, Teigen says, “This is my skin on my period. Look at it. So angry. Ow.”



christine teigen  
@chrissyteigen  
12:24 PM · Jul 31, 2017  
544 1,326 18,223

Twitter followers offered the *Lip Sync Battle* host a slew of remedies such as apple cider vinegar and vitamin-rich serums, and many commiserated about experiencing acne during that time of the month.



“During a woman’s period, she experiences a drop in the hormone estrogen and a rise in the hormone progesterone, which can cause acne,” **Ava Shamban**, a Beverly Hills-based dermatologist and founder of SkinxFive, tells Yahoo Beauty.

It’s common for women to break out on the chin, where progesterone can be converted to the “male” hormone testosterone, which triggers an overproduction of oil. In Teigen’s case, Shamban (who does not treat the supermodel) speculates that her reddened nose is due to rosacea, a common skin condition affecting 16 million people, the causes of which aren’t exactly clear.

However, Teigen’s fans have some spot-on skin-care advice, according to Shamban, who endorses the nutrient niacinamide and the mineral zinc as methods for clearing up skin. “Apple cider vinegar is also a non-irritating way to reduce bacteria,” she says. “Be sure to dilute it, or you’ll smell like a salad.”

<https://www.yahoo.com/beauty/chrissy-teigen-isnt-happy-period-skin-230705321.html>