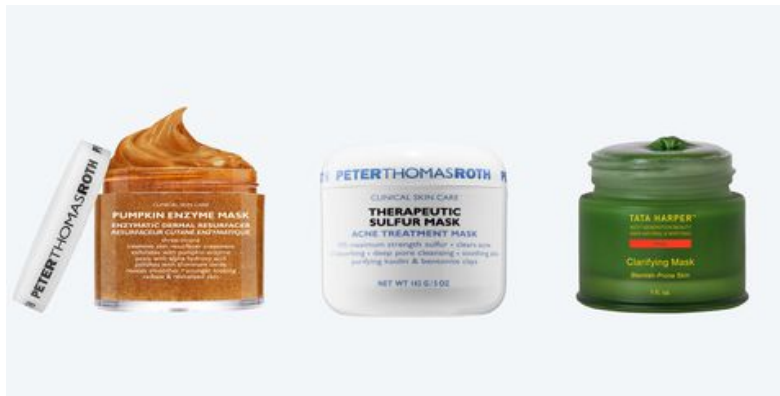


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8 Dermatologist-Recommended Face Masks for Beating Acne

Clear skin ahead.

By Chloe Hall | January 2, 2019



There's a perfect mask for everything: Hydration, brightening, and even Instagram. But, what about a mask that can solve all your acne problems? **Dr. Anna Guanche, a Los Angeles-based celebrity dermatologist**, knows exactly what to look for. "If you have a lot of blackheads, dry on-peel off rubbery masks are the best," she says. "They pull off dead skin cells and pull out blackheads." For more severe cases, Guanche recommends a colloidal sulfur mask since it's antibacterial. She also recommends avoiding "active masks" with ingredients like enzymes and salicylic or glycolic acids as they can leave the skin feeling raw. "If you want to use an acid-based mask, only do so once a week or less," says Guanche.

Over-exfoliation can be a problem so always make sure you are balancing extraction and hydration. Ahead, find eight derm-approved face masks for acne.



This mask is Dr. Guanche's number one pick. The complexion-clearing product uses salicylic acid from white willow bark, wintergreen extract, and meadowsweet to provide an all-natural cleanse that reduces the appearance of blemishes and redness.

<https://www.elle.com/beauty/makeup-skin-care/g25631264/best-face-mask-for-acne/>