

Skin SOS!

If breakouts are ruining your life, your skin might be trying to tell you something...

According to Chinese medicine, the areas on your face where you breakout can actually be a sign of other health issues. This theory, called 'face mapping', is said to give an insight into the health of your internal organs. We enlisted the help of Chinese Medicine practitioner, Peter Chen, to help suss out what your skin's trying to say...

DIGESTIVE SYSTEM AND GALLBLADDER

If your forehead skin is oily it can indicate your liver and gallbladder are in a poor condition. If you rock hats on the reg, don't forget it could potentially be your culprit.

LIVER

This is where food allergies can show up first, so it could be wise to check with your doc whether you have any allergies (particularly to dairy).

KIDNEY

If you notice that your ears are hot, this could be due to dehydration. Drink plenty of water and try to cut down on any arvo caffeine!

RESPIRATORY SYSTEM

Breakouts on either side of the cheeks tend to affect those who are prone to sinus issues and allergies. It can also mean you need to change your pillowcase more often, as they tend to build up with bacteria over time which then rubs into your skin when you sleep (eww!).

HEART & CIRCULATION

Stress can lead to poor circulation so it's time to get zen if pimples are appearing in this area. Be sure to check that your daily foundation hasn't expired, too, since the pores in this area can be easily clogged!

STOMACH

This area can mean issues with your small intestine, so you may need to increase your fibre intake (think leafy greens!). This is not to be confused with your outer chin areas, which fluctuate due to hormones.

Forehead

Between brows

Nose

Cheeks

Chin

Ears

SKIN PALLOR

If you're looking pale, it can be a sign of poor digestion and blood circulation. If your skin is yellowish or showing dark marks, it can indicate poor liver function and digestive issues as well.