

# Body Acne

**Acne** is a skin complaint regularly experienced on the face, but often affects other parts of the body such as the back (“**bacne**”), neck, chest and shoulders.

In fact, spots can appear anywhere on the body apart from the palms of your hands and soles of your feet, where there are no sebaceous glands. In the same way that acne develops on the face, body acne forms when the skin's pores get blocked by sebum, dead cells and environmental dirt. **Bacteria then causes inflammation and infection** in the clogged pores and spots and acne form.

The skin on your body is thicker than that on your face, and often has larger pores, so acne suffered on the body can lead to larger skin lesions and cysts. It often takes longer for spots on the body to heal and for the marks to fade too.



# Causes of Body Acne

The cause of body acne is not fully known, but it is acknowledged that certain irritations can make the condition worse. Clothing that rubs, harsh washing detergents, or sweaty and damp environments can all contribute.

Acne mechanica refers to spots **caused by an irritation**, particularly rubbing of the skin. This may be your chair at work, your car seat, your rucksack, your bra, or anything that is in contact with your skin and is abrasive or aggravating and may trap dirt or sweat.

**Stress, exercise, diet** and **hydration** all affect how well your body functions, so eating well, drinking lots of water and light, regular activity will help your body to maintain overall health and wellbeing, including clear skin.



# Body Acne Treatments

Treatment for acne on the body is similar to facial acne, and you will often see an improvement in your skins condition with a regular and dedicated gentle cleansing and nourishing routine alone.

One of the tricky things about body acne is that it can be difficult to reach the affected areas to apply products. Bending and contorting in front of the mirror to try and spread cream between your shoulder blades or other hard-to-reach areas.



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