

# 8 Tips To Get Rid Of Pimples

Hello, members of **K-LINK**! I hope all are fine and I would like to share the topic of 'why do we get pimples on the face' with you.

Pimples can happen in two ways, one occurs during the puberty around 14 - 20 years old due to the secretion of hormones in the body becoming active, and excessive sebaceous glands secretion, also the excessive oils and dead skins clog the pores and bring about the formation of acne. Another situation is we still get pimples even though we have passed the teenage years. Actually, this is closely related to the skin, body and genetic of a person, usually it will happen on the following situations:

1. The skin did not clean thoroughly
2. Affected by the hormone before and around menstruation
3. Taken hormone pills, such as contraceptives
4. Emotional stress and insomnia are easily lead to endocrine disorders
5. Gastrointestinal problems, such as constipation, upset stomach

**“Pimples not only troubled young people, but also middle-aged adults as well. In fact, as long as we handle it properly, keep a healthy lifestyle and practice the Cleansing, Balancing and Activating concept of skin care, you can get rid of pimples and gain beautiful skin in the process!”**



**Cik Fiona Ho**  
Senior Beauty Manager  
of **K-LINK International**  
Beauty Advisor, Professional  
Makeup Artist & Manicurist

## Basic Skin Care Tips:

1. Those who have oily skin with the excessive sebaceous glands secretion should avoid massage on the face in order to not stimulate sebum and develop pimple.
2. Those who have oily skin should keep the face clean and dry.
3. Those with serious acne should avoid using the makeup foundation and cosmetics.
4. Do not squeeze the pimple by hand to avoid the bacteria to spread around your face and cause a serious skin problem.
5. People with pimples should avoid exposure to the sun.
6. Eat less spicy and fried food, do not drink alcohol and smoke.
7. Having daily bowel movement, do more exercise and get enough rest.
8. Adequate sleep and have a relax mood.

**K-LINK skincare concept of 3 simple ways:**



**Step 1**  
**CLEANSING**  
**K-BeauCareline®**  
**Bird's Nest Series - Deep Purifying Cleansing Gel**  
*This gentle deep cleanser provides cleansing and make-up removing actions while it soothes and hydrates the skin effectively, leaving skin feeling fresh and supple. The addition of bird's nest extract gives energy and improves the skin condition effectively.*



**Step 2**  
**BALANCING**  
**K-BeauCareline®**  
**Bird's Nest Series - Clarifying Toning Lotion**  
*Enriched with multiple plant extracts, minerals and micronutrients to boost skin moisture and invigorate skin cells, leaving skin feeling fresh. The addition of precious bird's nest ingredient gives nutrients to brighten the skin tone for a more radiant looking complexion.*



**Step 3**  
**ACTIVATING**  
**K-BeauCareline®**  
**Bird's Nest Series - Ultra-Essence Moisturizing Gel**  
*This light, oil-free moisturizer that is formulated with Sodium Hyaluronate can be absorbed by the skin rapidly to replenish moisture. Contains marine active ingredients and bird's nest extract to provide intensive hydration, reduce the appearance of fine lines as well as improve dry and dull skin. It also offers anti-oxidative and anti-aging benefits for skin that feels fresh, firm and moisturized.*