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Derm-Approved Products for When Hormonal Acne Wreaks Havoc on Your Chin



SKIN THERAPY BY DR. JULIA T. HUNTER MAXIMAL STRENGTH CLEANSER

"The skin is the window to your internal health. Acne issues are caused by internal problems and are activated by the inflammation in your gut, which in turn causes your hormones to go a skew," says Julia T. Hunter, M.D., dermatologist and founder of **Wholistic Dermatology**. "This could also be related to low-thyroid and food allergies."

She says that you can treat flare-ups on the chin with internal and external products used in the AM and the PM, as well as supplemental products to clear up the breakouts.

Among other external products, she recommends her line's Maximal Strength Cleanser, as she says it's toxin and inflammation-free, can be used on sensitive, and can clear oily pores without drying them out. It's made with blue lotus flower extract, which the brand claims has antiseptic properties, as well as zeolite to cleanse.

Skin Therapy by Dr. Julia T. Hunter | \$56

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