



Face Masks and Skin Reactions

Amidst the Covid-19 pandemic, it has become compulsory to wear a protective face mask to protect yourself and others from contracting the Coronavirus. We have the option of wearing a surgical face mask or a cotton or material reusable mask.

It will become a new normal to see everyone around us wearing face masks. It may even become the latest fashion accessory!



During the changes in seasons, whether you are living in the Northern or Southern Hemisphere, temperatures and climates will change. When these seasonal changes occur, our skin may also undergo various changes. For some, it may not be for the best. With the compulsory wearing of face masks, our skin may become even more reactive when wearing the mask for long periods of time.

In this article, we will look at the various skin reactions that may occur, or be aggravated, with the wearing of face masks and what Nimue recommends, should this occur.

What are the various skin reactions that may occur with the wearing of a protective face mask?

1. BREAKOUTS

There is a type of acne called Acne Mechanica. It occurs when the skin is undergoing repetitive friction, is covered for a long period of time, is under excess pressure or exposed to heat. With the wearing of a face mask, there is an increased chance of Acne Mechanica occurring.

- Wearing a mask may cause you to sweat, which may result in breakouts or an increase in breakouts, particularly around the areas which the mask covers.
- Sebum, produced by your pores, together with the oil in your cosmetics, may collect in the lining of the mask. This will be in contact with your skin and create the perfect breeding ground for bacteria, causing breakouts or an increase in breakouts.
- With the frequent washing of the reusable masks, the laundry detergents and fabric softeners in which it is washed, may cause irritation of the skin and a rash-like breakout may occur.



Nimue Recommendations:

Ensure that a clean face mask is worn every day and if you are working with clients, ensure that disposable masks are replaced frequently throughout the day.

It would be suggested to change your laundry detergent or fabric softener to one that is recommended for sensitive skin.



- Cleansing Gel / Cleansing Milk / Cleansing Gel Lite
- Conditioner with gauze
- Pre & Post Serum
- Active Gel / Active Lotion
- Moisturiser Lite / Nimue Day
- Purifier
- Exfoliating Enzyme
- Environmental Shield SPF 50
- Problematic Spot Treatment
- Corrective Serum
- Nimue-TDS™ Problematic
- Clarifying Mask

2. CHAPPED, DRY AND SENSITISED SKIN

Certain masks, particularly the cotton blend masks, absorb the skins natural oils, causing the skin to become irritated and dry.

- People with sensitive/sensitised skin are even more prone to dryness and irritation. This could become itchy and cause a scaly rash.
- People with inflammatory or chronic skin conditions e.g. Rosacea, Eczema and Psoriasis, are likely to experience increased flare ups.



Nimue Recommendations

It is extremely important to build up and protect the skin barrier, as this will prevent the loss of water.

Keep the skin well-nourished and protected against the elements.



- Cleansing Milk / Cleansing Gel Lite
- Conditioner Lite
- Pre & Post Serum
- Super Hydrating Serum
- Hyaluronic Ultrafiller Serum
- Moisturiser Lite
- Exfoliating Enzyme
- Nimue-TDS™ Interactive
- SPF 40 / Environmental Shield SPF 50
- Super Hydrating Mask
- Element Barrier
- Hyaluronic Oil
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3. PIGMENTATION CHANGES

As a result of friction from the mask, or due to irritation and underlying inflammation caused by an excessively dry skin, together with possible skin rashes, the skin may develop certain pigmentation changes around the areas of the mask.

- Darker areas of pigment may develop
- Existing pigmentation in the areas covered by the mask, may become darker



Nimue Recommendations

If prone to hyperpigmentation, make sure to avoid any possible skin irritation or inflammation.



- Cleansing Gel / Cleansing Milk
- Conditioner with gauze
- Pre & Post Serum
- Active Lotion / Active Gel
- Day Fader / Day Fader Plus
- Night Fader / Night Fader Plus
- Fader Serum
- Nimue-TDS™ Hyperpigmented
- Fade Treatment
- Exfoliating Enzyme
- SPF 40 / Environmental Shield SPF 50

4. BRUISING

If a face mask is worn for long periods of time, it will not be uncommon for some people to experience bruising in certain areas of the face due to the pressure of the mask, especially if the skin is thinner and more fragile in those areas.

Nimue Recommendations

Ensure that your mask is not too small or tied too tight, causing pressure on the face. Try alternative types and sizes of masks to avoid bruising.



- Cleansing Milk / Cleansing Gel Lite
- Conditioner Lite
- Moisturiser Lite
- Pre & Post Serum
- Exfoliating Enzyme
- Nimue-TDS™ Interactive
- SPF 40 / Environmental Shield SPF 50
- Super Hydrating Mask
- Hyaluronic Oil

ADDITIONAL TIPS

- Exfoliate the skin regularly with Exfoliating Enzyme. It will help remove dead skin cells, which accumulate under the mask and lead to blocked pores
- Problematic Spot Treatment should be added to your routine as breakouts may occur
- Element Barrier may be recommended for all skin classifications, as it helps protect the skin against heat and cold shock and provides additional protection to the skin barrier
- Pre & Post Serum will help to keep the barrier intact and keep the skin hydrated
- Wear Nimue SPF 40 / Environmental Shield SPF 50 daily. Even if you are indoors, it is still important to protect the skin against pollution, HEV and IR rays.

Important to note:

With global quarantine conditions, internet service has already spiked 50%. Flat screen TVs, mobile phones, computer and tablet screens emit a high-energy blue light that penetrate the skin and cause damage. Premature photo ageing, hyperpigmentation, inflammation, damage to the skin barrier function and dry, irritated skin are the some of the common causes of excessive exposure to blue light.

- Avoid aggressive and harsh chemicals, which will further dry out the skin
- Go make up free as much as you can
- Keep skin hydrated as most breakouts are exacerbated by inflammation triggered by dryness
- If the skin becomes very uncomfortable, make a cold compress by placing a clean cloth in cold water, ring out the excess water, then lay it on a clean skin to help soothe
- When you get home, remove the mask, cleanse your skin and hydrate with a Nimue moisturiser
- If you have a re-usable mask, wash it often (if not daily) and make sure to dry it out in the sun and iron it