Adult acne sufferers can become the victims of anxiety and depression. Acne makes them feel more sensitive to what other people think of them, leading to a lowered self-esteem. They begin to shy away from social events or meeting new people, embarrassed by their appearance. These psychological effects are often more harmful in adults because many feel they shouldn’t be suffering with a ‘teen’ skin problem.

Helping women overcome the challenge of acne is a passion of mine. It is not simply, improving their skin, we are improving the quality of their life and positively changing their self-esteem.

Kalahari has developed products that specifically target adult acne. We make use of a variety of phyto-effective plant oils and extracts, which have antiseptic properties that help reduce acne-causing bacteria on the skin. Our superior ingredients treat the inflammation of acne while maintaining excellent anti-ageing action.

If you are one of the millions of women who struggle with adult acne, I recommend monthly Kalahari Phyto-Correct treatments supplemented by the following daily skincare routine:

1. Daily cleansing. I recommend our Gentle Cleansing Milk as even acne prone skin’s can be dehydrated. We also offer you a gel-based Facial Wash.
2. Tone using gauze pads
3. Twice weekly exfoliation with our Enzyme Face Buff. Remember - do not over stimulate the skin with the granule exfoliation.
4. Phyto Correct Serum applied to specific problem areas or Spot Application.
5. Oily Skin Correction Lotion applied morning and evening.
6. Hydralite Moisturiser morning and evening.