

Acne is a complex disease , caused by multiple causes including genetic,hormones, and environmental influences that contribute to its pathogenesis.Nevertheless, it is feasible to partake in exercise while simultaneously tending to the well-being of one's skin.To guarantee the preservation of dermal well-being whilst participating in physical activity, it is recommended to eliminate any beauty products before commencing bodily exertion Additionally, employing a towel to absorb perspiration during workout sessions proves beneficial.Furthermore, obtaining high-quality sleep can effectively reduce stress levels, thereby diminishing the likelihood of developing unwanted spots.[3] Elevated levels of stress result in heightened levels of cortisol, thereby potentially impacting the immune system..[3] Sleeplessness during the night has the potential to induce the onset of acne.