

# FACT SHEET

## Large Pores

The appearance of large pores is usually caused by overactive sebaceous (oil) glands. This causes the pores to expand to accommodate the excess sebum production. When pores become clogged with cellular debris causing blackheads, they can appear even larger.

Although there is nothing you can do to “shrink” pores, topical niacinamide can help to inhibit oil flow, decreasing their appearance. Alpha + beta hydroxy acids and Vitamin A analogues (such as retinol and retinaldehyde) help minimise large pores by keeping them clear of debris.

### MYTH BUSTER

Toners are traditionally associated with shrinking pores, but there is nothing scientifically proven to reduce the size of a pore. The tight feeling that toners cause is actually related to the depletion of the skin’s essential oils by astringent ingredients such as alcohol.

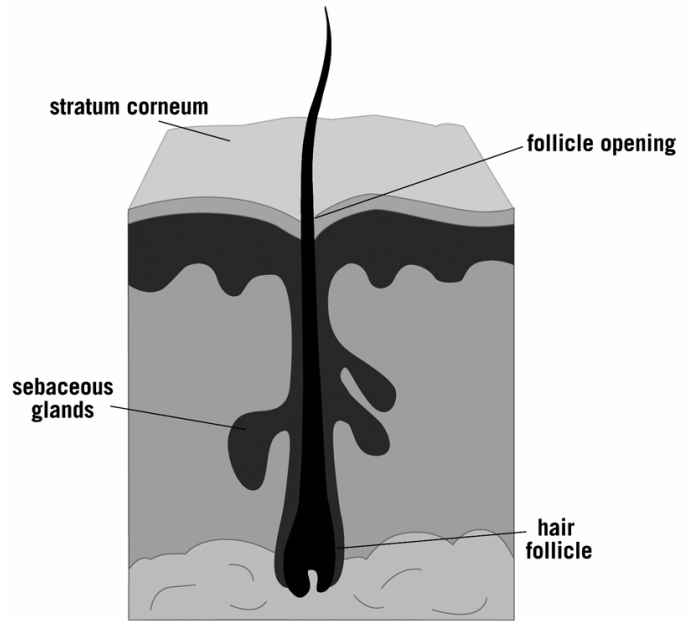


Fig 1. Schematic cross-section of a pore containing a follicle.

## Our T<sub>x</sub> for Large Pores

<p><b>DAY</b></p>	<ol style="list-style-type: none"> <li>1. Rationale Preparatory Cleanser</li> <li>2. Rationale Niacinamide Serum</li> <li>3. Rationale Rejuvenating Serum</li> <li>4. Rationale Daily Dose SPF 25</li> </ol>	
<p><b>NIGHT</b></p>	<ol style="list-style-type: none"> <li>1. Rationale Preparatory Cleanser</li> <li>2. Rationale Retinaldehyde Serum</li> <li>3. Rationale Skin Refining Serum</li> </ol>	
<p><b>WEEKLY MONTHLY</b></p>	<ol style="list-style-type: none"> <li>1. Procedure microPeel</li> <li>2. Procedure Customised Peels</li> </ol>	