

Does Chocolate Easter Eggs Cause Blackheads, Pimples or Acne??

With Easter fast approaching the number 1 question on teenager's minds will be, If I eat all these Chocolate Easter eggs will I breakout in Blackheads/Pimples?

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/EINPresswire.com/ -- According to leading dermatologist's Chocolate per se will not give you acne, but there is evidence that high sugar/high-fat diets increase the production of sebum and promotes inflammatory responses in the body which can lead to acne. There is little evidence that fatty or sugary food directly cause acne, but these foods may displace nutrient rich foods that are critical for skin health (i.e Eating Sugary/fatty food means we may eat less fruits & vegetables) So to stay safe over Easter eat plenty of Fruit & Veggies and when you need to eat those Easter egg try and stick to dark chocolate over white or milk chocolate.

If you do have an outbreak of [Pimples](#) or Blackheads over Easter, Aotearoa Beauty has come up with the perfect solution! The Aotearoa Beauty [Blackhead Remover](#) Kit, a collection of surgical style tools to remove blackheads & Comedones.



The Aotearoa Blackhead and Pimple Remover Kit contains five blackhead and pimple removing tools packed in a handy leather case carrier. The tools are double ended and made from stainless steel. They never rust and can easily be cleaned and sterilized.

These are the same surgical tools used by top dermatologist all over America. Now you can have your own set to use any time you like.

It is important not to squeeze or pop pimples and blackheads with your fingers. That can cause pain and infection that can leave the face scared. Instead, experts say to use proper tools to treat blemishes. The tools are easy to clean in hot soapy water and do not carry bacteria. They are typically dipped or wiped with rubbing alcohol.

For the Teenager with everything!



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