

A SIMPLE PIMPLE RECIPE

What is Acne? Handout, ages 11-13

INGREDIENTS:

- Oil
- Dead skin cells
- Bacteria
- Pore

DIRECTIONS:

1. In order to make a Simple Pimple, you must first add the oil, bacteria, and dead skin cells to the pore.
2. If you have a good amount of each, you will come out with clean, glowing skin, but we want to make a pimple! So make sure to add extra oil to the pore.
3. Add enough extra oil to the pore until it clogs up the pore with the bacteria and dead skin cells. The more oil, the better the pimple!

Note: The best time to make a Simple Pimple is during puberty. You will have the best results because the body will be going through a lot of change and making more oil.

VARIATIONS OF THE SIMPLE PIMPLE RECIPE:

- **Bold Blackhead:** Make sure to keep the pore open after adding all the ingredients. This will make a nice Bold Blackhead.
- **Why Now Whitehead:** Opposite to the Bold Black, the Why Now Whitehead calls for the pore to be closed up after adding all the ingredients. This will leave a nice white finish at the top of the pimple.
- **Puffed Papule:** Make sure that after adding all the ingredients, the pore's walls break creating a larger, hard pimple.
- **Perfect Pustule:** Like a papule, a pustule will make the walls of the pore break but a yellowish liquid will fill the pimple, and it will kind of be like a blister.
- **Nice Node:** In order to make a Nice Node, one must actually irritate the node so the pimple goes deeper into your skin. They turn out to be very hard.
- **Serious Cysts:** To make a Serious Cyst, one must add pus to the pore. It should turn out softer. These may be big and red.