

A SIMPLE PIMPLE RECIPE

What is Acne? Handout, ages 8-10

INGREDIENTS:

- Oil
- Bacteria
- Dead skin cells
- 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.

