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STOP Making Your Period Skin Worse

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There's only one week out of the month that I dread even more than the one before rent is due — and that's PMS week (which can even extend into two-week territory, because life isn't fair, y'all).

Whether you're on birth control, which regulates your period symptoms, or not, things are going haywire inside your body. The sudden hormonal changes can take a serious toll on your face — one that your normal skin-care routine might not be able to solve. If you've ever found yourself struggling to control the pimples that seem to pop up overnight, consider doing an overhaul on your medicine cabinet and building a skin-care army specifically for the week of hell.

We tasked the experts with coming up with a plan of attack to keep our skin clear during this time of the month, because it's important to know what you really need before spraying, scrubbing, and spotting different ingredients all

over your face. Click through to find out.

Do you dread period-related breakouts just as much as we do? Let us know in the comments, below, and tell us your favorite, tried-and-true PMS beauty warriors.

Slide 1

Before you even pull out the box of tampons and dark chocolate, PMS begins to wreak havoc on your complexion.

“Skin tends to look its worst during the days leading up to your period,” says Debbie Palmer, MD, a board-certified dermatologist and the medical director of Dermatology Associates of New York.

Why, exactly? Well, far more hormonal chemicals than usual are being released and flooding your body. “There is a decrease in estrogen and surge of progesterone and testosterone about a week before your period. This surge can cause oil production and pores to become clogged with sebum, making them appear larger,” Dr. Palmer tells us.

Start out by incorporating a heavy-duty mask into your routine at the first hint of a possible breakout. The clay will draw out any gunk in your pores that could eventually breed acne bacteria.

Slide 8

Unfortunately, you're not out of the clear once PMS ends. “During your period, levels of estrogen are low and inflammatory prostaglandins are high,” says Dr. Palmer. “[Low levels of estrogen] can cause your skin to look blotchy and leave you feeling tired and run down. It is during these times that I stress to use topical and oral antioxidants to help soothe your skin. My favorite ingredients are coffee arabica, green tea, and vitamin C.”