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6 Skin Grinches That Steal Christmas

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ILLUSTRATED BY AMMIEL MENDOZA.

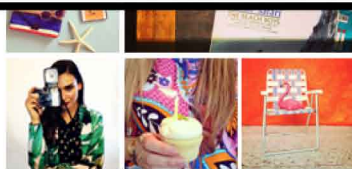


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The Holiday Hurdle: Party-Planning Stress

"Stress can show up on the skin during holiday season, without a doubt. I suggest breathing, taking extra time to get around town, making sure to stay hydrated, and not picking at your skin in the car! Sitting in traffic, you may feel a stress-related pimple, and what better thing to keep you occupied? But, hands off! Using [P50 exfoliating lotion](#) is a gentle way to exfoliate the skin to keep surface congestion away. Stress-related pimples, on the other hand, can be treated with product, but they tend to be much more deeply rooted. Have a professional extract them."

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