

# 5 Simple Tricks Kendall Jenner Uses to Keep Her Skin Clear

Kendall's dermatologist shares her routine.

By Brooke Shunatona



In a new video on Kendall's site called 'Skin Savvy: Acne Treatment', dermatologist Christie Kidd, whom Kendall calls her "skin savior," reveals exactly what the model does to treat and prevent breakouts.

Kendall revealed her struggle with acne in a blog post on her site a few months back.

Even though she's been acne-free for a few years now, Kendall used to have such bad acne that "I felt like such an outcast; when I spoke, it was

with my hand covering my face." She says she owes her now clear skin to the "incredible dermatologist" she sees.

Here's what Dr. Kidd says you can do to copy Kendall's skin-care routine:

**1. Wash your face morning and night with a gentle cleanser and your hands.** Kendall uses Clean Natural Face Cleanser from Dr. Kidd's.

The dermatologist recommends not using anything abrasive on your face (no scrubs, wash clothes, brushes, etc.) and to be delicate when touching your skin.

**2. Wipe your face with an acne Fresh Pad.** This is another product Dr. Kidd developed (which will be open to the public to purchase soon) to easily distribute acne medication all over the skin.

**3. Wear sunblock daily.** It's important to wear sunscreen every day, but if your skin is prone to breakouts, try a sunblock that contains acne medicine.

**4. Apply a serum at night.** Kendall uses one called Renewal from Dr. Kidd's line to clear blemishes and fade acne scarring.

**5. Try an in-office laser treatment to fight blemishes and give your skin a nice glow.** Dr. Kidd's favorite laser to use on Kendall is the Laser Genesis by Cutera which treats acne and acne scars, but is also good for all skin types.

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