

KEEPING IT REAL

Keke Palmer Reveals the Skin-Care Products She Swears By for Cystic Acne

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Getty Images


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In an industry that can easily feel inauthentic, **Keke Palmer** has managed to craft a persona that anchors on keeping it real. One conversation with the child actor turned Hollywood starlet, though, and you'll see that her relatable personality isn't persona at all.

I learned this for myself while chatting with Palmer in New York City's SoHo neighborhood following an intimate press lunch to celebrate the launch of two new supplements from wellness brand Olly, for which Palmer is an ambassador. She was visibly excited to talk about her partnership with the brand and how it's helped her take a new approach to wellness.



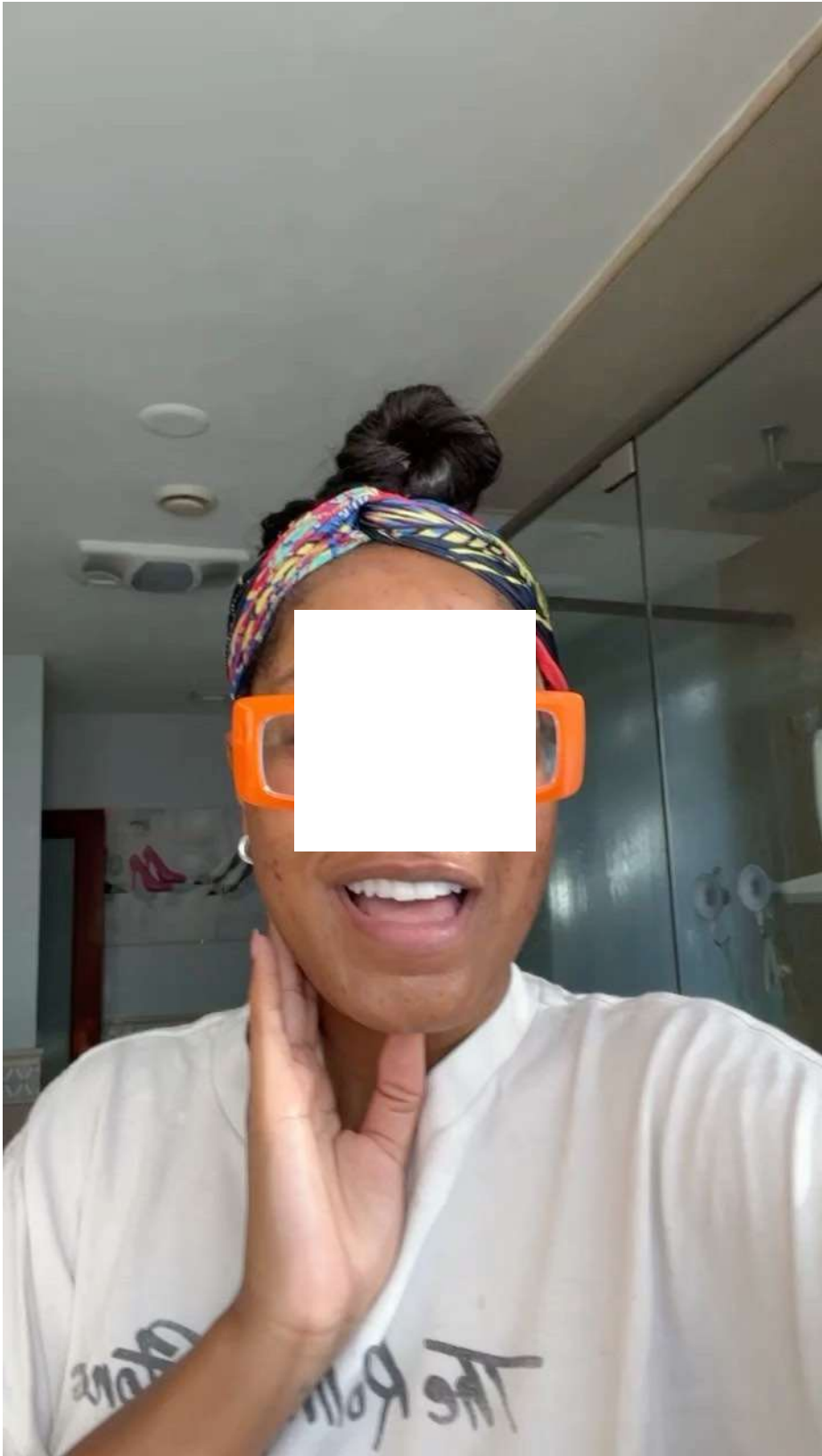
Palmer has been candid on her social media platforms about many things, most recently her **frustrations with the aesthetics industry** and how there seems to be a surgical fix for everything but acne. If you follow the actor, you'll know that back in 2020 she took to Instagram to share her struggles with **Polycystic Ovary Syndrome** and cystic acne. Fast forward to 2022, and the *Nope* star admittedly hasn't fully cracked the code to either — but she has developed a strong skin-care routine, plus a few wellness pillars and a strong mindset on confidence and transparency that help a lot.



keke

Original audio

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keke

I woke up and chose VIOLENCE. We want the QUICK FIX as well. My homegirl's walking out the

I woke up and chose violence. We want the quick fix as women. My homies are waiting out the hospital with a DONK same day. I want INSTANT results too, WHATS TEA???

All these years!! Plastic surgeons, y'all wanna know where the real money at? IN CLEARING UP ACNE. Enough with all the hard work of having to find the PERFECT diet and trying to get an expensive facial every other day. Give us the plastic surgery we're begging for, and make it possible for black skin as well... I need the dual love.

I'll put my house on the market to pay, whatever it takes... #FEDUP #HollerIfYouHearMe 🙏🙏🙏🙏

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Palmer reveals that one of the things that has helped her manage her acne the most has been seeking professional guidance. "Obviously, I would say it's expensive, but one of the things that helped me the most is going to see an esthetician, just because they're constantly working on it and helping you every step of the way," she explains somewhat hesitantly, understanding that “not everybody can really invest in an esthetician."

Thankfully, she's also found a few products that her skin has been loving as of late, including the **Renée Rouleau Rapid Response Detox Masque and Triple Berry Smoothing Peel**. She's also been loving **MDacne's cleanser** along with **Estee Lauder's Advanced Night Repair Serum**. "I love doing that routine throughout my week. It just helps, I feel like, really decongest the skin," she says.

The Smoothing Peel contains **mandelic acid**, which, as board-certified dermatologist Ellen Marmur, MD, previously explained to *Allure*, is an **alpha-hydroxy acid** that gently exfoliates and increases cell turnover to lessen the appearance of acne, dull skin, uneven texture, and hyperpigmentation. The Detox Masque and cleanser both include **salicylic acid**, a **beta-hydroxy acid** known to dissolve debris that clogs pores and act as an anti-inflammatory, as board-certified dermatologist Naissan O. Wesley, MD, previously told *Allure*.

With all those active acids going on the skin, the Night Repair serum is a great balancing product because it's full of peptides. Peptides in **skin-care** products, **as previously explained** by board-certified dermatologist David Kim, MD, are designed to boost collagen production and help reduce the appearance of fine lines by making the skin firmer.



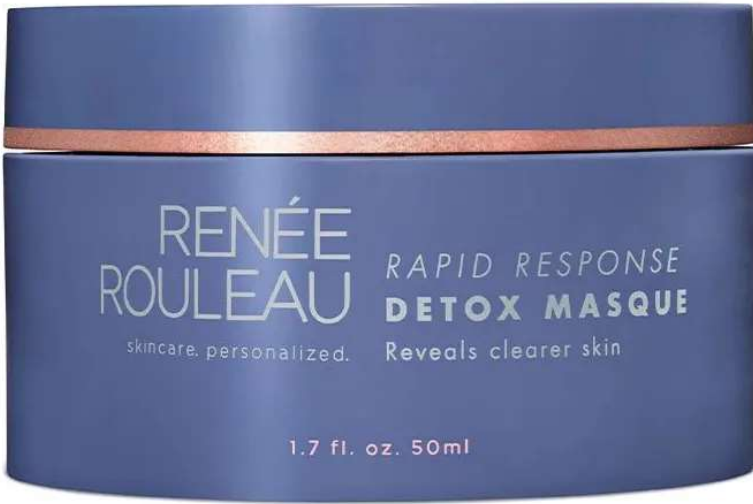
Estée Lauder Advanced Night Repair Synchronized Multi-Recovery Complex

\$105



Renée Rouleau Triple Berry Smoothing Scrub

\$52 AT RENÉE ROULEAU



Renée Rouleau Rapid Response Detox Masque

\$66



MDacne Hydrating Cleanser

\$25

Incorporating wellness practices into her routine spans beyond addressing her health and skin issues; as someone who is constantly in front of cameras, on planes, and just around a lot of people, Palmer finds that she has to be more intentional about taking care of her **mental health**. "I love journaling," she excitedly shares with *Allure*. "It helps me so so much to get my feelings, my thoughts, and all that kind of stuff out."

Though she's used to the hustle and bustle of a career in Hollywood (she has been doing it since she was 11, after all) she still finds it very necessary to take breaks. "I really try to be intentional with my schedule in terms of what I'm gonna allow to happen all in one day," she explains. Admittedly, some days, she'll push herself past her limits, but for the most part — and especially these days — the actress is keen on scheduling time to relax, which often just looks like sleeping. "Sometimes all you need is a good nap," she says.

Palmer notes that an added stressor to her job these days is the digital nature of the society we live in and how it's so easy to be misunderstood online. "You tweet one thing, or say one wrong thing... it doesn't matter if you're John Doe, everybody, I think, has a little bit of fear," she explains. "When you're an entertainer it's that same feeling just a little bit heightened." Her solution to this? "I try to do the best I can," she replies with a sigh. Palmer has developed a spirit of resilience that enables her to acknowledge her imperfections and admit her wrongs without allowing other people's opinions of her to affect how she sees and treats herself. "Somebody is always gonna have something to say about you, so you just got to be OK with it," she says.

Instagram content

This content can also be viewed on the site it **originates** from.

It seems that Palmer emits this kind of strength and confidence naturally, but she admits it's something she's had to grow into. Because she is a very compassionate person, it used to make her sad when people would negatively misunderstand a sentiment of hers, but as she recalls, "My mom always told me: These people don't know you for real," and that has informed how she deals with negative criticism.

As we wrapped up our chat, I noticed the vampy red nail polish Palmer had on, which she revealed was for a cover shoot she just did for Porter Magazine. With countless magazine covers, brand partnerships, and films, Palmer's career spans more than 20 years, but it seems she's just getting started. And she has every intention of getting through it all with an unshakable peace of mind, one journal entry at a time.

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