

Quinn Dermatology Helps Houston's Fitness Enthusiasts Maintain Healthy Skin in 2025

Local Dermatology Experts Offer Essential Tips to Prevent Acne, Irritation, and Skin Damage from Workouts

HOUSTON, TX, UNITED STATES,
February 10, 2025 /EINPresswire.com/

-- As Houstonians continue their New Year's fitness resolutions into February and beyond, many are experiencing unexpected side effects on their skin due to increased sweating, gym equipment exposure, and workout-related friction.

[Quinn Dermatology](#), a leading skin health provider in Houston, is helping fitness enthusiasts maintain healthy, glowing skin while staying active.



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With simple skincare adjustments, fitness enthusiasts can protect their skin while continuing their fitness goals without interruption.”

*Dr. Andrew Quinn, owner of
Quinn Dermatologist*

“We often see patients who develop acne breakouts, rashes, and irritation from their workout routines,” said Dr. Andrew Quinn, owner and lead dermatologist at Quinn Dermatologist. “With simple skincare adjustments, Houstonians can protect their skin while continuing their fitness goals without interruption.”

How Exercise Affects Skin Health

While regular workouts promote circulation and overall wellness, they can also lead to common skin concerns,

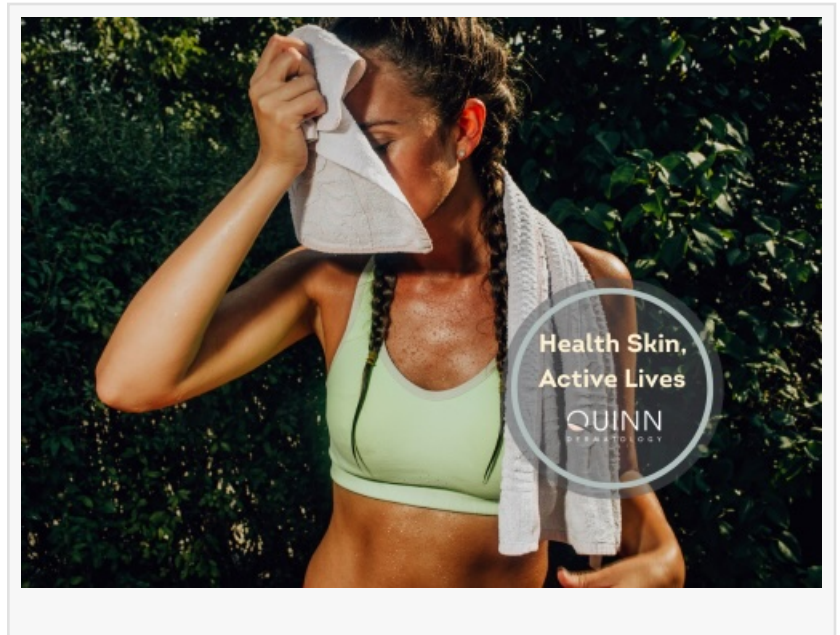
including:

- Breakouts & Acne: Sweat, bacteria, and oil buildup can clog pores, leading to face and body acne.
- Chafing & Skin Irritation: Tight clothing and repetitive movement can cause redness and discomfort.
- Fungal Infections: Gyms and locker rooms can be breeding grounds for infections like athlete's foot and ringworm.
- Sun Damage: Outdoor runners and bikers are at risk of UV exposure and premature aging.

Quinn Dermatology's Skincare Solutions for Houston's Active Community

To combat these workout-related skin issues, Quinn Dermatology recommends:

- Pre-Workout: Wash your face, avoid heavy creams, and apply sweat-resistant sunscreen if exercising outdoors.
- During Workout: Use clean towels, wear moisture-wicking clothing, and avoid touching your face.
- Post-Workout: Cleanse skin immediately, exfoliate regularly, and hydrate with a non-comedogenic moisturizer.



For those experiencing persistent skin issues, Quinn Dermatology offers [personalized skincare consultations](#) to develop routines tailored to active lifestyles. The clinic provides advanced acne treatments, anti-chafing solutions, fungal infection care, and professional skincare products to keep Houston's fitness community looking and feeling their best.

Houston Residents Encouraged to Prioritize Skin Health

As Houston's fitness culture thrives, Quinn Dermatology encourages gym-goers, athletes, and outdoor enthusiasts to prioritize skin health just as they do their workouts.

"Clear, healthy skin shouldn't be an afterthought," said Remington Montes, board-certified physician assistant at Quinn Dermatology. "Whether you're training for a marathon or hitting the gym for the first time, we're here to help keep your skin in top shape."

About Quinn Dermatology

Quinn Dermatology is a premier skincare provider in Houston, specializing in medical, cosmetic, and preventive dermatology. With a team of expert dermatologists, Quinn Dermatology offers cutting-edge treatments for acne, skin irritation, aging concerns, and more. To schedule a consultation, visit quinndermatology.com.

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