

Dealing with Spots Acne and Break out Skin

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Foods That Cause Acne

Acne can hit at any time, any age, and any race. So what foods cause acne and what are the vitamins that help acne?

First lets dismiss the myth that chocolate causes acne, so if you take chocolate out of your diet your acne will disappear. If it was only that easy. There are actually many myths about what causes acne, including poor hygiene, chocolate, and a bad diet. Neither diet nor hygiene actually causes acne.

In the past it was felt that diet played a large role in contributing to acne. It was believed chocolate and sweets were directly tied to acne, as were greasy foods like French fries. Ah ha, so that's why all the teens run around with pimples on their face.

Sorry, not true. More recent studies have shown that in general these foods do not cause acne. In some individuals they may be contributing factors but they are not the direct reason for acne outbreaks.

Just because a lousy diet isn't directly related to getting acne, doesn't mean you're off the hook. Eating a healthy diet and drinking plenty of water, combined with good skin care and regular exercise, have been proven to help acne.

Hormones have been shown to play a direct role in acne. That is why we see more acne in teens than any other age group. Their hormones are out of control at this age.

Heat can also contribute to acne. When you sweat, the sebaceous glands are stimulated to release more sebum, which can cause you to break out.

Tight clothing, headbands, and even bra straps can cause an acne outbreak. That's because the friction or constant rubbing irritate the skin causing it to dry out. When it dries out it produces more sebum and you get pimples.

A poor diet might not directly cause acne but it sure won't help it either. Junk food and greasy food don't contain a lot of the vitamins and nutrients needed to produce healthy skin.

Greasy finger foods are bad because you handle them and then rub or touch your face, transferring the oil to the skin, causing a clogged pore and then a zit.

Some people will notice a mild outbreak after eating certain foods, although this is extremely rare. If this does occur you should discontinue eating that particular food.

Eat healthy, drink plenty of water, exercise, and take care of your skin. These four elements can never hurt you, but they can benefit your entire body and reduce the amount of acne break outs you experience.

Skin Cleansers and Skin Cells

Most of us, male or female, are fairly diligent about using a cleanser to clean our skin. So how do these cleansers affect our skin cells? Good news! Cleansers will help prevent acne, clear up acne, and improve poor skin.

Your skin is the largest organ in your body, yet it seems to be the one we most neglect. It gets exposed to the elements all day long, yet we seem to spend the least amount of time keeping it healthy. The minute you begin taking care of your skin by proper cleansing and nourishment, it will thank you by providing a healthy glow that will make you look younger and feel great. Properly cared for skin is also less prone to acne breakouts because you are keeping the pores clean.

To find a good cleanser you will need to determine your skin type. Then choose a cleanser that is right for your skin type. You may have to try a few different products until you find one that your skin responds well to. Initially it is best to purchase the smallest quantity you can, in case you need to choose a different cleanser you. Once you find that product, don't change. By the way, soap is not considered a cleanser, at least not for your face.

True cleansers contain oil, water, and surfactants. The oil dissolves oil on your face, the surfactants dissolve and remove makeup, dirt, and pollutants. The trick is to find a cleanser that has the right amount of oil for your skin type. Too much oil will cause your pores to become plugged and could result in an acne breakout. Too little oil can cause dry itchy patches.

Most cleansers have clear labeling, listing the ingredients in detail. So read before you buy, then you will be better able to choose a good match for your skin type. There are many good products on the market for every skin type. If you are unsure about the product best suited to your skin, speak to a cosmetologist.

Use your cleanser both morning and evening. If you've done a proper cleanse in the evening you will only need a quick cleanser wash in the morning. Your evening cleanse is the most important!

You should never go to bed without washing your face. This is especially critical for women who wear makeup. Makeup will clog pores and cause acne. You've worked so hard to prevent acne, so why take the chance?

You only need a small amount of cleanser to clean the entire face – a dab about the size of a dime will do. Mix with warm water and apply in gentle circular motions. This will lift and remove all the debris on your skin and unclog pores. When you have finished cleansing rinse with warm water.

Put your skin on the top of the priority list. Take good care of it and it will reward you with years of beautiful, younger looking skin!

The Tea Tree Oil Treatment

If you suffer from acne and are tired of trying product after product with little to no success, it's time to try a tea tree oil acne treatment. This is one of the best natural acne remedies on the market.

Tea tree has actually been used by centuries by the Australian aborigines to treat skin infections, so this really only takes it to treating a different type of skin infection, and acne is just that.

Recent studies have shown that mild to severe acne will respond to tea tree. That's because tea tree is a natural antibacterial with excellent skin healing properties. This makes tea tree oil acne treatment a treatment worth considering.

One Australian study used a gel that contained 5% tea tree oil as well as a 5% benzoyl peroxide, which is commonly used in acne treatments. The effectiveness of both was very comparable. The only difference was tea tree worked slower; however, it also created less dryness, redness, scaling, and itching than the benzoyl peroxide acne gel.

Tea tree oil is used to treat many things such as treat bad breath, athlete's foot, body odor, and cold sores. It has been proven to effectively kill acne bacteria when it is topically applied.

Because of its anti-bacterial qualities it can reduce symptoms of skin that is inflamed with acne bacteria. However, tea tree is very potent so you need to be cautious if you have sensitive skin. If you find your skin irritated by it you can dilute it with water. When starting to use tea tree acne treatment you should always do a patch test.

One single-blind randomized tea tree study included 124 mild to moderate acne teenage acne sufferers. They received either a 5% benzoyl peroxide lotion or a 5% gel of tea-tree oil. Both treatments produced remarkable improvement of noninflamed/ inflamed lesions.

A quick search on the net will show the benefits of tea tree and the success they have had using tea tree oil compared to other products. Tea tree is available in several strengths. The pure oil is the strongest but you will need to dilute it before using or it will burn the skin. You can also buy it in gels, salves, and lotions that are ready to use right out of the package.

There are many different products on the market and many of them don't do anything for the acne they claim to help. If you are tired of trying one product after another then it's time for you to take the tea tree acne treatment option.

Poor Skin Improvements

Is your skin looking a little ill? Sallow? Poor texture? Perhaps acne? If you answered yes to any of these questions, you aren't alone. The good news is you can improve your skin condition and you can do it faster than you might have thought. Let's look at how to improve poor skin.

Have you ever wondered why one person can look ten years older than they are and another person can look ten years younger? You've heard people credit genetics and while genetics might play a role what you eat can make a huge difference in your skin's condition.

You've heard it before – you are what you eat. That's certainly true when it comes to your skin, which is the biggest organ of the body. If you are feeding your body processed food, junk food, and you aren't getting the right nutrients then your skin is going to suffer? You need to eat a well balanced diet that has plenty of fresh fruits and vegetables.

You also need to drink at least 8 glasses of water a day. Water flushes the body of toxins and hydrates the skin. Drinking adequate water will make your skin look much healthier. Coffee doesn't count and neither does juices. Water is water – you can add a touch of lime or lemon.

Take a vitamin and mineral supplement to ensure you are getting a well-balanced nutrition and add a zinc supplement too if you have acne.

Wash your face morning and night using warm water and a mild cleanser that's appropriate for your skin type. Always use a moisturizer. Did you know that even when you have acne you need to moisturize daily? It just has to be a moisturizer for oily skin.

Always wear sunscreen when you are outside, and if you burn easily you should consider using a sunblock. Sunscreen protects your skin from damaging UVB and UVA rays that can cause wrinkles, dark spots, and cause you to age quicker. If you wear foundation it should also contain at least a 15SPF.

If you have acne do not squeeze your pimples. Sure, it's tempting but it can cause infection, redness, and swelling. It can also lead to scarring. Try not to touch your face as this can spread bacteria and cause pores to become inflamed.

There are many things you can do to improve poor skin. You can have youthful, radiant skin and keep people guessing about your real age.

Treatments Using Zinc

Zinc treatments for the most common type of acne - cystic acne (acne vulgaris) have proven effective.

The zinc acne treatment is quickly growing in popularity as its effectiveness becomes more well known. Many sites show before and after pictures to give you an idea of just how effective it can be in treating acne in all age groups.

Some of us have heard the theory that a lack of zinc in the body can contribute to acne. Then again others have probably heard zinc makes no defense on acne. Now is the time to sort out the truth.

Several studies have confirmed that the use of zinc significantly improves acne. Some studies have even stated that zinc can be as effective or more effective than some of the more commonly used prescription drug treatments, such as the drug tetracycline. That's not to say it can cure all acne, but it is certainly worth trying.

Zinc is a mineral found in various foods and it is critical to many of our bodily functions, as well as a key player in building a strong immune system. If you are lacking zinc your white blood cell count will drop and you will have acne. If you suffer from acne you should take a zinc supplement to make sure you are getting adequate amounts of zinc.

Zinc also plays an important role in keeping our hormones balanced. Are you seeing the light? Since one of the main reasons for acne is a hormonal imbalance, then zinc as a treatment makes sense.

Zinc cannot act independently. It can only work effectively at normalizing hormones and reducing the production of oil. Your body needs to rid itself of the substances that reduce the effectiveness of zinc, while at the same time intake the other nutrients required for zinc to be able to work.

You should ensure that the foods you are eating give the balance your body needs, allowing zinc to do its job properly. Add a complete multivitamin and mineral supplement to your daily intake to ensure the correct dosages are received.

Although the recommended intake of zinc is not more than 100 mg per day, how much you take is directly related to other medications and suppressants in your body.

So if you suffer from acne give the zinc acne treatment a try. Remember to combine zinc with a well balanced diet, and a multivitamin supplement. It's been extremely beneficial for many, and you could be the next person to see the results.

Facial Steaming Your Way to Better Skin

If you want to pamper your skin a facial steamer is simply a must have! In fact, when it comes to great skin care a facial steam is superior to facial cleansers, even the non-clogging type. The facial steamer is also great for eliminating acne, opening the pores, and killing the bacteria. In no time, at all you will have beautiful clear skin!

Women have been using the steam off a kettle or pot to open their pores long before the invention of the modern facial steamer. Today's facial steamers can be quite luxurious, available in a number of colors, styles, and with various options too. You can even find a small portable facial steamer you can take with you anywhere. And once you see the difference you'll never want to be without it!

The gentle warm steam invigorates your skin and as the debris that clogs the pores is eliminated; your skin will look healthier and more youthful. If you have acne, you'll see the outbreaks begin to disappear. The steam improves your skin's elasticity and therefore fine lines and wrinkles suddenly disappear leaving the skin smoother and revitalized. If you want to take 10 years off your age quickly and in cheaply a facial steamer is the way to do just that.

Our poor skin takes a beating everyday – makeup, toxins, pollutants in the air, dust, dirt, and the list goes on. These elements can lead to acne in the younger years, dry skin, and wrinkles as we age and we can suddenly look 10 years older than we are.

Daily cleansing is very important but it doesn't get deep down and unclog the pores. It's a good idea to do your daily cleanses, morning, and night. This should be combined with the use of an astringent if you have oily skin. Everyone, even those with acne, need to moisturize every night. You just need to choose the right moisturizer for your skin type and condition.

In addition, you should use your facial steamer at least a few times a week. If you work in a dusty/dirty environment, it's a good idea to do more often. The facial steamer is key to healthy skin.

Using the facial steamer, you'll enjoy healthier, acne free, younger looking skin. If your skin could talk, you'd be getting a very big "thank you." So why wait another day? Why not invest in a facial steamer today?

Have You Ever Used Lemon?

Sometimes old wives tales are the best remedies. One tried and true homemade acne treatment is to use a lemon to cure a zit. The causes of forehead acne and nose acne are the same as for body acne. It just happens because of the size of the pores, the zits usually land up on the t zone.

Acne affects almost everyone at some point in their lives. For some it is mild, while for others it is severe turning their face into an acne war zone. People will try just about anything to rid their face of acne.

However, many people would rather use a natural product to clear their acne. They don't want to use harsh chemicals on their skin, nor do they want to intake oral drugs. That's why lemon is such a good choice.

Lemon is a very inexpensive treatment that works for many so why not give it a try. Drinking the lemon juice is not going to help. What you need to do is apply it directly to your skin, where it acts to dry up the pimple, and it also has anti-bacterial qualities to reduce infection.

First you need to wash your face with warm water like you normally would. Use a soft but textured cloth or sponge will help slough off dead skin and give you the ultimate clean.

Once you've cleansed, take some fresh squeezed lemon juice and soak a cotton ball, then apply it directly to your acne. It's going to sting or burn a bit, and that's okay!

Leave it on your face for 10 to 15 minutes until it dries completely. Then rinse your face with cool water. You should notice an improvement in just a couple of weeks.

You can also use lemon as a spot treatment. Place a small amount of lemon juice on a q-tip and dab the pimple. Leave in place to help dry out the pimple.

You can also make up a lemon astringent. To make a lemon astringent, Take an average size bottle, about 8 oz, and add 2 tablespoons of lemon juice. The object is to get the effects of the lemon but for you not to feel sticky, so adjust the mixture to your own personal tastes. You would then wash your face as normal, and then apply the lemon astringent over the entire face, as well as other acne prone areas such as shoulders or back. Let dry. The lemon astringent is best used in the evening when you don't need to apply makeup over it. In the morning wash and go.

If you are looking for a cheap, natural, and easy to use acne treatment, give the lemon a try. You may be pleasantly surprised with the results!

Vitamin Substitutes

Many of us think we are getting all the necessary nutrients we need from the food we eat but the sad fact is too often we are not getting adequate vitamins. There are several vitamins that will affect acne that can make a significant reduction in the number of breakouts and the severity of those breakouts.

The B vitamins are a family of vitamins to combat acne. They play an important role in maintaining healthy skin. There are several members of the Vitamin B family, which are part of the best acne product: Thiamine [B1], Riboflavin[B2], Niacin [B3], Pyridoxine [B6], and Cyanocobalamin [B12]. Each plays a specific role in the promotion of healthy skin.

Riboflavin or B2 works with vitamin A. The combination is essential for healthy skin, nails, and hair. If you suffer from acne you should take 100 mg of B2 three times a day.

Niacinamide is also important for the development of healthy skin and it helps regulate the body's metabolism. A deficiency of B3 will cause acne.

B5 or Pantothenic helps to reduce stress, which can play a role in the development of acne. It is important to make sure you get the right daily dose of B5.

B6 or Pyridoxine boosts the immune system and your own internal system that produces antibody. A deficiency can result in acne, but not if you use the best acne product you can find.

A powerful vitamin for acne is Vitamin C is another potent antioxidant, and it is essential for at least 300 metabolic functions in the body. This includes tissue growth and repair. It will also protect against infection and enhances the immune systems. Bioflavonoids have antibacterial qualities. If you have acne you should take 1000 mg of Vitamin C three times a day. You can continue to increase that dosage until diarrhoea sets in and then reduce until the diarrhoea disappears and continue with that dosage.

Vitamin A with carotenoids will strengthen the skin's protective tissue and reduces the production of sebum, which results in a decrease in acne. It is also essential for repairing damaged tissue and it is a powerful antioxidant. A Vitamin A deficiency can be directly tied to your acne, so consider it the best acne product, at least to start.

It is important that you take the needed vitamins to get the acne benefits. Which vitamin for acne are you missing?

Microdermabrasion Technique

Over 80% of people suffer from acne at some point in their lives. Most of us deal with acne during our teen years with it disappearing as we reach adulthood. However, if you continue to suffer from acne as an adult or you have acne scars you'd like to get rid of, you may want to consider the use of Microdermabrasion to treat your acne.

Microdermabrasion is a technique that abrades the skin with crystals that are under a high pressure flow. There are different levels of Microdermabrasion that attack different layers of the skin.

Microdermabrasion is a low risk procedure that offers effective treatments with a very quick recovery to the skin. However, there are risks of complication that you should be aware of. Microdermabrasion requires no anesthetic, it's painless, and it can be repeated with short time frames. Treatments are quick and relatively simple and they do not interfere with your daily life.

Multiple treatments are usually required to get the desired effect. Because Microdermabrasion provides a superficial scrub to the epidermis it is not an effective treatment for deep wrinkles or scars.

It is however an excellent treatment for acne, acne scars which are superficial, enlarged pores, and age spots. However Microdermabrasion can cause changes in the skin's pigment color. That's why Dermatologists use a charting system called the Fitzpatrick classification system of skin types to determine the viability of treating your skin type. The Fitzpatrick classification is as follows:

Skin type I – Very white or freckled always burns
Skin type II – White usually burns
Skin type III – White to olive sometimes burns
Skin type IV – Brown rarely burns
Skin type V – Dark brown rarely burns
Skin type VI – Black never burns.

Skin types I through III tolerate the resurfacing procedure with a low risk of change in pigmentation color. While Skin Types IV- VI have a higher risk of changes in the color of the pigmentation.

Treatments should begin small and should assess for changes in the color of your skin's pigment. You don't want to remove a scar only to exchange it for a white spot or a brown spot. Your dermatologist will start slowly and monitor your skin's reaction to the treatments.

The results of Microdermabrasion can be enhanced by combining other topical medical treatments such as alpha-Hydroxy acids, tretinoin, or vitamin C.

If you suffer from acne, spots, or poor skin consider Microdermabrasion as a treatment.

Makeup Tips for Acne Sufferers 40 and Over

Who would have thought you'd still be fighting acne at age 40. If you have tried everything but haven't found the right makeup, you are at the right place. There are some great choices for makeup for skin over 40 suffering from acne problems.

One popular makeup comes from Olay. While Olay has a number of options, the Olay Age Defying cream is a good choice to cure acne while at the same time reducing or eliminating those tiny wrinkles. If you are wondering if this is the best choice? The answer is "yes" for many 40+ women. Of course, no one product is the answer for everyone so don't be afraid to try products until you find the right makeup for you.

Women who are in their 40s and suffering from acne may want to have some hormone tests done, as this is a common cause of acne at this age. Hormonal imbalances can really wreak havoc on your system, often resulting in those nasty pimples on the nose or forehead.

It's always tough at this age when you are trying to combat those tiny wrinkles while at the same time you find yourself fighting acne. If you need the coverage of a foundation choose one that is water based rather than oil based.

Water based foundations don't clog the pores and still give you good coverage. Be sure to cleanse your face thoroughly each night so there is no makeup residue left to irritate your skin and increase your acne outbreaks.

The Olay age defying cream will do wonders for those fine tiny wrinkles, and it can also benefit your acne. If you are having trouble juggling moisturizing and not irritating your acne, find a non greasy formula moisturizer. Olay helps sluff dead skin, which can be very beneficial to removing acne.

It's also important to mention that if you are using cleansing products that are too strong and your skin gets dried out too much you can cause an acne breakout. Then you treat it using more astringents, dry out the skin more, and cause a worse breakout. Soon you are in a vicious circle.

If you suffer from very mild outbreaks, an over the counter topical cream, some concealer, and a good foundation may be all you need for those few days a month where you break out.

However, if you suffer from more serious acne you will want to consult your doctor or dermatologist. There are several treatment options that have shown very good success.

Take your acne outbreaks in stride and be thankful your health concerns are not more serious. A little bit of research and you'll rid yourself of these pesky pimples!

Natural Improvement Treatment

Are you aware that your body's largest organ is your skin? The skin protects your body from infection, disease, germs, and the sun's heat. It's also the first organ to show aging signs, so it's important that you take good care of your skin. Did you know you can improve poor skin quality with natural treatments?

Poor nutrition can lead to poor skin. Like the rest of your body, for your skin to stay healthy it needs good nutrients. Vegetarians sometimes develop dry skin because they don't get any animal fat in their diets, which moisturize the skin. If you are B12 deficient the oil glands under your skin can fail. For healthy, hydrated skin you should drink at least 8 glasses of water every day. If you see a dermatologist the first they will look at is your diet and make recommendations as to how you can improve your nutrition.

If you have dry skin or sensitive skin here are a few tips to help correct the problem:

- * Honey is great for dry skin. Add 1 tbsp of honey, 1 tsp of glycerin, and a lightly beaten egg, mixing together with oatmeal to make a paste. Apply, leave on for 20 minutes, and then rinse off.
- * Coconut milk is excellent for dry or sensitive skin. Warm a half cup of coconut milk in the microwave until it becomes runny, and then add 2 tbsp of honey. Massage into your skin, wait 15 minutes, and then rinse off.
- * Mash a banana and apply directly to your skin. Leave on for 5 minutes, then rinse off with warm water.

If you have oily skin here are a few tips to help correct the problem:

- * Honey isn't just good for dry skin; it's good for oily skin too. Mix with a pureed peach. Apply to the skin leaving on no more than 5 minutes. Remove with warm water.
- * Mix 2 tbsp of water and 1 tsp of cider vinegar for an excellent skin toner. However, be warned the smell is a bit offensive.
- * Tomatoes contain natural exfoliates. Take a ripe tomato and puree. Apply the puree to your face and leave on for 15 minutes. Wash off with warm water.

Whether you have dry skin, oily skin, suffer from acne, have skin that sallow or lacks vibrancy there are a number of natural treatments that can help to improve your skin.

More Natural Acne Treatments

At some point, almost everyone finds themselves suffering from acne. In recent years, there has been a great deal of news about acne treatments, specifically the combination of natural acne treatments combined with a prevention diet. This is certainly an option worth considering.

Acne is a condition of the sebaceous gland, which secretes an oily substance to the back, neck, and face. If the oily substance clogs the pores, you get a pimple, and in the worst case you get lots of pimples.

There are a number of different types of acne. However, in teens and young adults cystic acne is the most common form. Regardless of the acne type, the treatments are the same, so don't spend too much time worrying about what type of acne you have.

Here are a few easy tips that can help you reduce your acne, even eliminate the acne. In as little as a month you can see a difference.

1. Drink a minimum of 8 glasses of water per day. Water flushes toxins from the body, and it hydrates the skin.
2. You can create an exfoliate treatment with lemon, which will remove the dead skin responsible for clogging pores. Apply the lemon to all infected areas. Let it dry for 10-15 minutes. Rinse off using cool water. Don't be alarmed if there is a burning sensation as you apply. If it's bad you can dilute it a little.
3. Apply white vinegar to the back, neck, and face. Let sit for 5-10 minutes. Rinse off using warm water.
4. Every day you should take a high quality multi-vitamin.
5. Zinc does an excellent job of clearing acne, so take a zinc supplement daily.
6. Eat a well-balanced diet. It should contain plenty of fresh fruits and vegetable. Stay away from processed foods, greasy foods, fast foods, and junk food. It's not that these foods are responsible for causing acne (a myth) but they don't provide any nutritional value to keep your skin healthy.
7. Use Burdock or Dandelion to detoxify your kidneys and liver.
8. Use Echinacea and/or Grape Seed extract to help boost your immune system and fight the bacteria responsible for acne.
9. There are a number of homeopathic remedies that have shown excellent results in the treatment of acne and in treating the skin in general leaving you with healthy looking skin.

For some acne is simply an annoyance to contend with but for others it's a devastating time. So why not try some of these natural acne treatments?

The Best Acne Facial Cleanser for You

Are you looking for an acne facial cleanser that works well, you're not alone. If trying acne treatment after acne treatment is a page in your life, it's time for you to take control of those nasty little zits and send them packing. Today there is a much better selection of facial cleansers than just a decade ago, and many of these cleansers and treatments work much better than previous cleansers.

Getting rid of your acne is where your first focus is, followed by treatments that act as a preventative controlling future acne outbreaks. There's a misconception that if you have acne you have oily skin. That's not always the way it is. Many times an acne sufferer has combined skin or even dry skin, so before you purchase an acne facial cleanser make sure you know what type of skin you have.

Trial sizes are always a good way to test different products. Many products offer smaller size products, which will be much easier on your pocketbook rather than purchasing product after product.

Let's look at some tips for choosing the best acne facial cleanser:

1. Determine your skin type and then choose a cleanser that fits your skin type. For example if you have dry skin, don't buy an acne facial cleanser for oily skin.
2. Do some research on the various ingredients used in acne facial cleansers to see which ingredients have shown to have the best results.
3. Implement a proper cleaning regime. Cleansing is only one phase. You should also use an astringent, and a moisturizer. Yes, even those with acne should use moisturizer just choose to match your skin type. Finally, exfoliate once a week.
4. The cosmetician in many department stores is often a valuable resource that can help you with finding the right product for your acne. You should also feel free to contact manufacturers for more information on their products. They are also good at answering any questions you might have.
4. If you find over the counter acne cleanses and treatments are not effectively reducing or eliminating your acne you may want to see a dermatologist for a prescription option.

There are a number of acne treatment options, but all should begin with a proper cleanse to remove dirt, makeup, and oil that clogs the pores. You'll be on the road to clearer skin by starting with a cleanse. It will take some time to see results so be patient. Before long, you can have the clear skin you've been dreaming of.

Dealing with Sunshine and Skin

All of us are aware that we need to protect our skin from the harmful rays of the sun. After all, we certainly can't completely stay out of the sun. You certainly don't want to be hiding indoors through the daylight hours when it is so nice outside. And the sun isn't all bad. The sun provides your body with necessary Vitamin D. Here are some great tips to keep your skin safe when you are out in the sun.

- You should always wear sunscreen with an SPF (sun protection factor) that is minimum 15. You need to do this even when it is cloudy or when you are only going to be outside for a little while. If you are going to be swimming or you are a heavy sweater you need to reapply your sunscreen every 2 hours. This applies even with waterproof sunscreen.
- You want to choose a sunscreen that will block both UVB and UVA rays. Buy a sunscreen with that reads "broad spectrum protection" or in addition to the UVB SPF it also has UVA protection. Choose products that are nonacnegenic. You can find this on the label.
- The sun is strongest from 10:00 AM to 4:00 PM so you will need to frequently reapply your sunscreen and you should also go indoors for breaks out of the sun. When your shadow is not any longer than your actual height it is much safer to be outside. Of course you should still wear sunscreen.
- If you are around surfaces that are reflective like ice, snow, or water, you should use a higher than normal SPF sunscreen.
- Did you know that the sun can also damage your eyes? This means you need to protect both your face and your eyes. Wear a hat, and wear sunglasses with 100% UVB protection.
- If you want a beautiful tan invest in a spray tan from a salon or self tanners that you can apply at home. Avoid the sun and avoid using tanning beds so that you are not exposed to UV rays.
- Some prescription and over the counter medications can make you more sensitive to the sun's UVA and UVB rays. If you are taking medication be careful if you are going to be out in the sun. Read the drug information carefully for side effects, but you should still exercise caution even if sun exposure isn't listed because people can react differently.

Taking care of your skin and protecting it from the sun will keep your skin looking younger and healthier.

Acne Laser Treatments to Eliminate Acne Scars

Acne laser treatments are an excellent way to remove acne scars on the face and other body areas. Most people would rather turn to natural remedies; however, they aren't always the best option for getting rid of acne scars.

Did you know that more than 80% of the population will deal with acne at some point in their life. Acne scarring is a lot more common than many realize, and up until acne laser treatments becoming available, a person was stuck living with acne scars.

Acne affects the sebaceous hair follicles and is a chronic inflammatory disease. Each follicle contains a tiny hair. Normally, the oil will travel up the hair follicle; however if this doesn't happen bacteria will start to grow. The pores then become clogged, and we find ourselves in a battle with acne. Laser treatments aren't used just to eliminate acne scars, they are also used to kill the bacteria responsible for developing acne.

Laser treatments were initially used only for scar removal. However, recent studies have proven its ability to destroy acne too, which now gives acne sufferers another treatment option. When laser treatments were used once a month for a period of four months, it resulted in a 100% acne cure. In addition, in 15% of those that participated in the study, the results lasted longer than 6 months. Lasers have been used for many years to eliminate acne scars, but their use for treating acne is a real breakthrough.

Acne scars are generally reddish/brownish marks left behind long after the acne is gone. If you pick at your acne, it can increase your risk of developing acne scars. More serious acne scars can be deep and narrow or have a gradual dip/depression. These are the types of scars that are in need of scar removal and this is where laser resurfacing works well.

Laser resurfacing can be done in the dermatologist's office. The laser works by removing the top layer of skin, which is the damaged layer. It works by tightening the middle layer, leaving your skin smoother. Your treatment can take anywhere from a couple of minutes up to an hour. The doctor will first numb the skin with a local anesthesia to reduce the pain prior to beginning the treatment. It generally takes between 3 to 10 days for your skin to completely heal.

If you have been living with acne, scars or you want the latest in acne treatments you should consider acne laser treatments.

Using Blue Light to Treat Acne

If you suffer from acne, you are not alone. In fact, over 80% of the population will suffer from acne at some point in their life. Blue light acne treatment is considered quite a breakthrough in the treatment of acne. Blue Light is proven to be an excellent choice for face, shoulder and back acne. It is also a great choice if you need an acne cyst treatment

In general, teens experience the worst acne, and with a little luck on their side they will outgrow it as their hormones become balanced. However, an unlucky handful will continue to suffer from serious acne right into their 50s or later.

With blue light acne treatment many will not have to suffer anymore. Blue light treatment is not only effective, it's affordable for most people. Best of all, it is 100% natural, non-invasive, painless and drug free treatment with no side effects, which can be used at any age.

The blue light acne treatment works by getting to the root of the acne problem, attacking it right at the level of eruption.

The bacteria that is responsible for you developing acne, emits miniscule size molecules called porphyrins, which when exposed to blue light are killed. When these bacteria are killed off it results in a reduction in acne outbreaks, and over time it can eliminate acne completely.

This type of treatment is one of the fastest growing natural health alternative treatments of this decade, with plenty of research to back up its effectiveness.

While you can receive blue light treatments at your dermatologist's office, you can also by the equipment so you can administer your blue light treatments right at home, which is very convenient. Purchase a blue light lamp, then sit three feet from the lamp, and allow it to do its work. It can easily be used for face, shoulder and back acne.

Blue light treatments may cause tingling, stinging, or a burning feeling to the area treated. The surrounding skin of the area treated can also redden, and occasionally swelling may occur. The most noticeable swelling or redness will develop near the end of the 24 hours after treatment. These symptoms will also be seen less frequently as treatments continue. By week four you should not be experiencing any of the minor side effects.

So whether you suffer from occasional acne outbreaks, shoulder and back acne, or severe acne cysts your first line of defense should be the blue light acne treatment. So what are you waiting for?

How to Cure Cystic Acne

Are you looking for a quick cystic acne cure that's effective and affordable? Acne that develops into cysts or nodules is called cystic acne. If you are dealing with cystic acne, read on for help on there is good news - cystic acne can be cured, and with the correct treatment, you can have great looking skin.

With cystic acne, the lesions are filled with pus and then they become swollen and quite painful. You should never squeeze cystic lesions because it usually leads to scarring. Instead, avoid squeezing, and turn to an effective acne treatment. There are a number of effective ways you can reduce swelling of cystic acne; however, it may take a few different product tries to find the best acne treatment for you so be patient.

One of the cheapest, easiest, and most effective treatments is to simply drink at least eight glasses of water every day. Water will flush your system, which will reduce the swelling of cystic acne, and it will also aid in the prevention of cystic acne.

Benzoyl peroxide is the key ingredient in cystic acne treatments. Benzoyl is an excellent drying agent, and while it dries, it also reduces swelling and inflammation of the cystic acne.

If you suffer from cystic acne, it is critical that you keep your skin clean. Use a gentle cleanse both morning and night to help remove dirt, oil, and toxins that can clog your pores. You should never scrub the skin as this will lead to irritations and it can damage your skin. It also is a good idea, after washing your face to always use an astringent, which will close your pores

A common mistake is to think that because you suffer from acne your skin does not need to be moisturized. That's simply not true. You need to use a daily moisturizer daily that is designed for acne prone skin. You should also gently exfoliate at least once a week. This will help to slough off dead skin cells.

There is a terrific selection of products on the market that will reduce swelling and inflammation of cystic acne. Don't be afraid to experiment a little bit to find out which products work best for you. If you don't seem to have any luck with over the counter treatments, you should consider speaking with a dermatologist.

Acne doesn't have to be a lifetime sentence. You can cure cystic acne and have the skin you've always dreamed of. So why not get busy!

Teen Acne Treatment

Unbalanced hormones generally drive adolescent acne or teen acne, and it can be painful, embarrassing, and frustrating to a teen. Having to live with acne throughout the teen years can cause low self-esteem, and for many it's devastating. That should be no surprise since appearance is so important, and other teens are hard on each other – teasing unmercifully. Some teens who suffer acne develop severe depression.

Acne affects almost all young people between the ages of 12 and 20 to some degree during the adolescent years. It can be in the form of blackheads, whiteheads, or pimples, and it is usually caused by hormone levels that are fluctuating. Once your hormones stabilize, acne almost always disappears.

So what is a good way to handle your adolescent acne? The most important thing your teens can do for acne is to keep your skin nice and clean. It's simple and so effective. Keeping your skin clean and free of oil can really help. Of course, this isn't a cure but it will certainly help to minimize your acne breakouts.

Drinking a minimum of 8 glasses of water and eating healthy are also very important. Water keeps your skin hydrated and it flushes toxins from your body. Fresh fruits and vegetables contain antioxidants that reduce acne inflammation.

Girls should avoid the use of oil-based cosmetics, and remove all makeup every night. You should exfoliate 1 to 2 times a week. Exfoliating helps to open your pores, and it removes dead skin.

If you are suffering from a mild case of acne, you can control your acne with the use of over the counter remedies that you apply to your skin. These active ingredients in these OTC medications usually include retinoic acid, peroxide, or benzoyl.

You should also consider using natural products to treat acne such as Echinacea or tea tree oil. Wash your face morning and night with a mixture of these herbs to help reduce/eliminate the number of breakouts you suffer. Both of these treatments have anti-septic and anti-inflammatory qualities.

In more serious cases of adolescent acne, a physician can prescribe a variety of medications including Accutane, oral contraceptives, antibiotics, and a number of other oral medications.

As teens age their hormones begin to stabilize, and that leads to fewer outbreaks. However some people still continue to have acne outbreaks even when they are adults. If a teen acne condition becomes worse, or he/she becomes debilitated because of depression it's time to see a dermatologist to get treatment.

You don't want an adolescent growing up with acne that scars and emotional trauma from the acne, so make sure the emotional scars are treated as well as the acne scars.

Adult Acne Treatment

Acne affects adults too, not just teens. There are some excellent adult acne treatment choices. Many treatments combine an acne skin care treatment with acne scar treatment.

The main thing you can do for your acne is to ensure you keep your skin clean. It's the first step in prevention. It is a good idea to be proactive. Don't wait until your face breaks out to treat. Instead, use a daily cleansing regime that combats your skin type.

Make sure you aren't using products that will cause your skin to dry out too much, and don't wash your face too often. Twice daily is good. If your skin is dried out or irritated it will produce more oil, which in turn will lead to breakouts, defeating your cleaning program.

There are a variety of acne treatment available. Some are prescription acne medications, while others are over the counter. Sometimes you need a combination of acne products, while other times practicing preventative measures will be enough to eliminate your acne outbreaks.

Combining cleansing with the gentle exfoliation of scars that can be left after the acne is gone. Retin-A is one product that cleans deep and gently peels the top layer of skin away to remove acne scars by

Products such as Oxy and Clearasil are effective over the counter treatments, which clean the skin and fight bacteria that causes acne, and reducing redness and inflammation.

There are also some excellent natural acne treatments available. Diet is a contributing factor that you have complete control over. It's amazing what eating a healthy diet can do for your skin. You should also take a good daily vitamin.

Acne scar treatments have seen huge improvement in the last decade. Depending on the severity of your acne scars there are several options available to eliminate or reduce the scars.

Dermabrasion is one very popular treatment. It removes the affected skin allowing new healthy skin to replace it. Some refer to dermabrasion as the sandpaper treatment. Originally it was very much like taking sandpaper to your face but technology has made tremendous improvements to this treatment.

Whether you suffer from an acne outbreak now and then, or whether you are continuously at war with your adult acne, there is an adult acne treatment on the market that will provide you the relief you are looking for. So why wait another day? Why not put these tips to work right now?

Tips to Treat Acne

Blackheads, whiteheads, and blemishes – all types of acne that can strike any age, but it is seen mostly during the teen years. Sometimes it can be hard to find an acne treatment that works. Preventing acne can be a bit frustrating. It helps if you understand how acne occurs and how different treatments work to cure acne

Be patient. Expect it to take about 8 weeks for you to see real improvements in your acne and begin to enjoy smoother, healthier looking skin. Once you have your acne under control, you need to stick with the treatment or treatments you found that work so that your acne does not return. Let's look at some great tips to treat acne.

1. Diet

Every day you should eat a minimum of five servings of fresh fruits and vegetables, which are packed with nutrients that are good for your body and your skin. These foods are packed with antioxidants, which will boost your immune system, and help your body fight off acne.

You should also eliminate fatty foods and refined sugar from your diet. Neither is good for your skin and can cause acne.

Finally, you need to drink 8 – 10 glasses of water every day. Water hydrates the skin and it flushes toxins from the body. Your skin is your largest organ and water is its best medicine.

2. Exercise

Exercising regularly not only helps you stay fit, it boosts your immune system and helps your body eliminate toxins. Exercise is excellent in the fight against acne.

3. Cosmetics

Always use cosmetics that are hypoallergenic and water based. Cosmetics that are that are oil based, heavy cream, or contain coal tar derivatives can cause acne or make your acne worse.

4. Hormones

Hormones are key to acne, which is why teenagers tend to have much higher rates of acne than other age groups, although acne can continue on past 50. Hormone caused acne is sometimes treated with HRT (Hormone Replacement Therapy) to reduce or eliminate your acne.

5. Stress

Stress can really play a role in acne outbreaks. Emotions cause chemical reactions in your body, which can result in an acne outbreak. So learn to relax!

6. Clean Your Skin

Morning and night, you should use a mild cleaning regime, to remove makeup. Once a week exfoliate, which will gently remove dead skin, and unplug your pores.

If you have serious acne it is best to consult a dermatologist, but for most acne, these treatments will really help.