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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Acne Skin Care: 8 Simple Tips To Follow

By Kathlene Capelle

Commonly affecting the skin condition of people between ages 12 to 24 is a disease called acne.

The cause of acne is hard to determine. However, over secretion of the sebaceous glands is pointed as the cause to trigger most acne outbreaks.

Pilosebaceous units are the combination of the hair follicles and oil glands in the skin. Except for the surface of the palms and the soles of the feet, pilosebaceous units are found on the skin tissue throughout the body . They are responsible in secreting the oily substance called sebum. However, due to many factors (e.g. hormonal imbalances, stress and the skin's natural condition) the oil glands may be induced to produce more sebum than normal. When this happens, the excess oil plugs the skin pores. This process brings about bacterial infection and stimulate the reaction of the immune system. In the end, acne inflammation results.

Acne can strike at any skin type. An oily skin type is most susceptible to acne. Dry skin on the other hand, may not be as susceptible but serious outbreaks may occur during winter. Normal skin is equally susceptible to acne but the level of severity may not be as high.

Presently, acne is not yet totally curable but can be remedied with several acne skin care methods. Many seek the help of topical medications, which are applied on the surface of the skin. However, employing the use of acne skin care products like "pore strip pads" may remove whiteheads and blackheads but they would not have any effect on the excess sebum produced.

Nevertheless, for remedy and prevention, it is best to employ the following 8 simple tips: 1. A healthy, well-balanced diet must be observed. Therefore, your food intake must incorporate all the essential nutrients the body needs for efficient functioning.

2. Drink plenty of fluids like water, juices. Minimize the intake of carbonated drinks.

3. No make up is recommended.

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4. Wash your face with mild soap and water. The logic is to not remove the dirt (as the majority of acne-inflicted person perceive) but to remove the plugs on the skin pores, which may be a combination of dead skin cells, bacteria and hardened sebum. Although dirt is not truly the cause of acne, it may contribute to further infection through its interaction with skin debris and particles and extra oil in the skin.
5. Use topical cleansing pads that may contain one or the combination of the following: salicylic acid, sulfur and benzoyl peroxide to remove excess oil. Another way to minimize the presence of extra oil in the skin is to wash the face with the hottest water you can withstand.
6. Minimize the use of harsh cleansers and use acne skin care items that exfoliate mildly. Do not scrub vigorously to the affected areas.
7. If your hands are dirty, refrain from touching your face.
8. If you have long hair, tie up your hair so that it is kept away from the face. This is especially so if the weather is hot and you have been perspiring.

Preventative acne skin care steps are just as important as the treatment of acne itself. With prevention, at least, you know how to ensure that your acne problem does not escalate and spread to a bigger infected area.

Kathelene Capelle writes on acne treatment, natural acne remedy, eczema, dry skin care and also, on skin massage oils. Get simple and step-by-step recipes for skin care that you can follow with ingredients right out from your kitchen! Read them all

<http://www.acne-and-skin-care.com>

Acne Skin Care Tips

By Paton Jackson

Some basic tips can help you to gain control over your acne.

Acne skin care is no easy thing. For most people it is very challenging. Sometimes, acne lasts only through puberty and once those crazy adolescent years have past, things just get easier. Your face clears up and you don't really worry about acne. But, that does not mean it goes this well for everyone. For many, acne will last well into their 20's, 30's and even beyond. And, for that there is a need for acne skin care tips like these.

Tips You Can Use Now

Acne Skin Care: 8 Simple Tips To Follow

1. Find an effective skin care regimen and cleanser. There are many out there that are both natural acne treatments and those that are chemical in nature. The fact is that in order for your skin to heal, the bacteria on it will need to be cleared up. You will need to insure that your acne products will do this.
2. Use exfoliating acne skin care products. By exfoliating, you are removing the dead skin cells on your skin that are literally feeding the bacteria on your face. As disgusting as it sounds, getting rid of them through exfoliation is critical to getting rid of the acne.
3. Use natural acne skin care products as well. These will be found on the web and can provide you with the most fundamentally solid way of treating acne in a natural way. Have an arsenal of good quality natural skin care products can give your body what it needs to fight off bacteria and to heal.

Getting Acne Skin Care Training

You may be thinking that acne skin care training sounds silly. The fact is that if you have the necessary knowledge to fight off your acne infections you will be more likely to make it work for you. So, before you head off to make a purchase of some costly acne medication, learn why they will work or maybe even why they may not. There are many out there that may be able to provide you with just what you need in acne skin care.

Our experts have executed a research to find the best acne treatments. Find the results only on

<http://www.tigilet.com/c/Acne.php>

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