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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 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

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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### **Acne and its treatment**

**By Tania Jain**

Acne is a menace. However, it's not something that cannot be tackled. There are loads of acne skin care products around. We can classify acne skin care products into 3 broad categories:

- „X Preventive or general acne skin care products
- „X Over-the-counter, specialised acne skin care products
- „X On-prescription acne skin care products.

The general acne skin care products are the ones that are used as acne-prevention measure. These include cleansers, make-up removers and similar products that help prevent acne. In the real sense, these acne skin care products are just those that should anyway be part of your daily routine. However, some of these are more oriented to act like an acne skin care product. These acne skin care products act against the causes of acne e.g. limiting the production of sebum/oil and preventing clogging of skin pores. Basically, these acne skin care products prevent the oil from getting trapped in pores and hence hamper the growth of bacteria that lead to acne. The general acne skin care products also include exfoliation products like skin peels. These work towards removing dead skin cells, hence reducing the possibility of pore-clogging and bacteria development.

Then there are specialised acne skin care products that are available over-the-counter i.e. without the need of a prescription. These include products like vanishing creams which extract the extra oil from the skin. Most of these acne skin care products are based on benzoyl peroxide and salicylic acid, both of which are the enemies of bacteria (and hence acne). You should start with a product that has lower concentration of benzoyl peroxide (e.g. 5%) and see how your skin responds to it. Alpha-hydroxy-acid based moisturizers are also popular as acne skin care products. You might have to try a few, before you zero-in on the acne skin care product that is effective for you. If nothing seems to work, you should contact a dermatologist.

On-prescription acne skin care products are the ones that are prescribed by a dermatologist. This can include ointments that can be applied on the affected area or oral antibiotics or just any topical treatment. Dermatologist could also suggest a minor surgical procedure to remove the contents of pustules. However, never try to squeeze or do this by yourself, it can lead to permanent damage of your skin. Your doctor could also prescribe a hormone-based treatment (since hormonal changes are also known to cause acne). Such acne skin care products are known to be very effective in some cases.

So, with all those acne skin care products, tackling acne is not that difficult.

Learn

[http://www.ultimate-cosmetics.com/beauty/skin\\_disorders/acne-blackheads-home-remedies.htm](http://www.ultimate-cosmetics.com/beauty/skin_disorders/acne-blackheads-home-remedies.htm)

how to cure acne, pimples naturally – with many home remedies.

For [ultimate-cosmetics.com](http://www.ultimate-cosmetics.com) . Find lots of makeup and beauty tips. Also learn

how to cure your acne

and dont forget to visit our beauty forums at <http://forums.ultimate-cosmetics.com> – they are fun.



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