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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 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

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.

Acne Alternative Treatments

By Oliver Turner

There is no clear account of the number of people suffering from acne. But the sale of medicines for acne is on the increase and this suggests that there is an increase in the number of people having acne. Acne is caused mainly due to the clogging of the oil generated by the skin. This clogging is initiated by a particular type of bacteria. Most treatments and ointments available for acne concentrate more on removing the scars. This means that the bacteria responsible for acne still remain there. This has led to people looking for alternative acne treatment. Most of the alternative acne treatment mainly tries to eliminate the bacteria responsible for acne.

One of the greatest advantages with the alternative acne treatments is that they are devoid of side effects. There are several herbal combinations that have proven track record of curing acne. Once such herbal combination is the paste made of basil leaves and sandalwood. Another popular alternative acne treatment is the application of the paste made of strawberry leaves. There are several other herbal combinations available in the market that can effectively cure acne.

The main reason for the cause of acne is the deficiency of essential vitamins needed for the skin. Deficiency in Vitamin A, Vitamin E and Pantothenic Acid can lead to acne. Taking large amount of vegetables, fruits and vitamin supplements can cure acne. There are several cures of acne in naturopathy. Herbs, skin cleansers and vitamin supplements are the main treatments for acne in naturopathy. Another advantage of alternative acne treatment is that they are less costly.

Acne light treatment is another new alternative acne treatment. In this method ultraviolet rays are used to clear the acne. Alternative acne treatment requires cent percent dedication from the patient. Unlike other form of treatments, some of the alternative acne treatment requires strict following of the regiment. It is wise to take professional opinion before opting for any of the alternative acne treatment.

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

http://www.leandernet.com/Acne/Acne_treatments.php

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