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**By John Wellington**

Acne is something that is very hard to cope with when you are a teenager, trying to survive the battle of high school. It can be embarrassing and troublesome, making you susceptible to the most irritating ridicule. So after taking the steps to rid the acne, what is one to do when scars are left behind? Acne scar treatments can be found in many forms, some of which are home remedies.

Although some treatments may not remove acne scars permanently, they are known to help repair them and make them less visible to your prospective partner's eyes. In reality, it all depends on the type and severity of the acne scars. Bearing that in mind, some acne scar treatments are easy to try, and the rest of this article will give you some ideas on how to go about them.

Chemical peels have long been known as one of many effective acne scar treatments. This type of treatment can remove and improve small, depressed scars. It can also help in speeding up the removal of current acne. Multiple treatments may be necessary to see the desired results. You know, everything takes time.

Dermabrasion is another one of the available treatments that will work on deeper acne scars. It penetrates deep down into the facial tissue, helping to improve acne scar visibility tremendously. You can also look into laser treatment if you have the time and money to choose this option in acne scar treatments. It will surely offer a huge difference in the way your skin looks, offering relief from small, big, and even very deep acne scars.

And last but not least, soft tissue augmentation is something to consider as well. This type of treatment will help to compensate for the loss of skin cells due to acne scarring, making the skin appear and feel smoother and healthier. It will also help to rid of any remaining acne scars that may be visible.

If you plan to try home remedies, check that you are not paying for the information to do so. Why pay even a dime when you can find free information on the Internet which gives you the opportunity to easily try the acne scar treatments for free? This is important as some acne scar treatments that are home treatments will not work, and nothing is more disappointing than investing a large amount of hard earned money into something that you hope to work but eventually just disappoints you.

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By trying the home acne scar treatments one by one, you can decide which works fits your skin type and condition best and stick with it, as home treatments will probably take longer than the treatments described above, but they save money and results should be seen as the treatments continue.

John Wellington provides readers with up-to-date commentaries, articles, and reviews for

<http://www.healthcare-resource-guide.com>

,

<http://www.natural-acne-removal.info>

, and other related

information.

### **Fast Removal Of Acne Scars - How To Get Rid Of Acne Marks And Scars?**

**By Oliver Turner**

Acne or pimples affects almost everybody. Though most pimples heal without leaving any scar, some severe acne leave scars, pits, uneven skin on healing. As pimples mostly affect face, scars and pits look unsightly. Although not life threatening, acne can cause depression and low self esteem. There are many acne scar treatments available to people now.

Dermabrasion is an acne scar treatment in which scars are removed with an abrading tool. On removal of the skin fresh tissue is exposed and after healing a fresh skin forms over the wound.

Microdermabrasion is an acne scar treatment similar to dermabrasion but a suction tool is used with a rough tool or crystal blasting tool.

Punch excision is an acne scar treatment in which the scar is removed with a punch and the wound is sutured after excision.

Subcision is an acne scar treatment in which the scar is detached from the deeper tissue and after the wound heals a fresh skin is formed.

Laser surfacing is an acne scar treatment in which the top layer of skin is burned off by using a laser. Fresh layer of skin forms on healing of the wound.

Dermal filling is a method in which pits are filled with dermal injections to bring the pits in level with the skin.

Chemical peeling is an acne scar treatment in which mild organic acids like glycolic or salicylic or lactic acid are used to peel off skin from the scar. This is the best acne scar treatment method as it is

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painless and requires no anesthesia. All the above mentioned methods are done by dermatologists or cosmetologists. The removal of scars takes 2 to 3 months.

Most of the above scar removal treatments are done in conjunction with oral skin health supplements like acuzine. Acuzine contains anti-oxidants, Vitamins E & C, hydrolyzed collagen, ALA, DMAE, Aloevera, Bioperine etc. Vitamin E, Vitamin C and collagen are vital for acne scar treatment to be successful as they are essential in rebuilding of skin tissues.

We offer the most comprehensive online acne source. Find all about the best acne scar treatment on

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