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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!**

## How To Effectively And Gently Pop A Pimple

By Jason Rickard

Popping a pimple without professional assistance still remains controversial. Squeezing a pimple on your own may or may not cause scarring. Some people attest that it hastens the healing of their acnes and no scars appear. As always, there is a different solution for every skin type and acne type. You really don't need some professional surgical tools to pop a zit. It is something you can do at home on your own time.

If you are one of those people who want to rely on self-treatment rather than getting someone else do the pop their pimple for them and do away with the high dermatologist's fees, here are some tips on how to gently and effectively squeeze pimples in your facial area.

- Never try to pop a pimple beneath the surface of your facial area. Whiteheads and pustules can be squeezed but papules and blackheads should remain untouched. Be sure to pop acnes that appear to have "heads".
- Before trying to squeeze a pimple, take a bath or wash your face to soften it and to remove dirt or make up on your skin.
- Make sure that your hands are clean. Wash them thoroughly to prevent possible infection.
- Have two sterilize gauze pads ready. Get each one of them for both of your hands and apply gentle pressure on the pimple.
- Use the gauze pads to remove the pus. Never use your fingernails or your bare fingers. After the white stuff has been squeezed out gently remove it with a clean tissue.
- See to it that the white stuff of your pimple can be easily taken out with a gentle squeeze. If you have a hard time doing so, do not force to pop them out as they may be still imbedded deep in your skin and trying to squeeze them out would just cause scarring.

## How To Effectively And Gently Pop A Pimple

If you have a pimple that is hard to squeeze out, make a salt solution by mixing half a cup of warm water and ¼ teaspoon of salt. Apply the solution to the affected area using sterile gauze for about five to ten minutes. They would usually come off easily when you try to pop them again after several days.

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### **How To Really Pop A Pimple For Good**

**By Jenny Riley**

There is no definite scientific method of how to pop a pimple, so most folks do it in the best manner that suits them. The best way say experts is to pop these mugs in such a way that no nasty scar results, and tell you what I know how to pop a pimple in the exact manner described above.

The process I must admit can be painful, but in this golden era we live in, there definitely should be no excuses for having acne, certainly not with the information and treatment expertise at our disposal. With that at the back of our mind, let's kick start the effort of combating acne with learning how to pop a pimple.

Almost everyone at one stage in their lives must have experienced peering at their mirror after waking up only to find massive acne leering back at them. The annoying bit about these zits is not only would they attract attention to you, but they are also painful And this bring us to the obvious question? What to do with the acne.

The simple answer is: squeeze it!

Yeah, because the fashion magazines tell us never to pinch doesn't mean we shouldn't. Of course we are aware of the usual caution bits about popping acne– squeezing can result in a scar. Though this might be a reality, but the cosmetics manuals didn't exactly instruct people on how to pop a pimple.

The process should commence by first cleaning your face from dirt's, oil and bacteria. The importance of this procedure is that it prevents your fingers from slipping when pressing the acne, but ensure you didn't press more than twice. Exceeding this limit can cause irritations which in turn can lead to further swelling. This simple, unambiguous way is how to pop a pimple.

## How To Effectively And Gently Pop A Pimple

Generally, most fashion and cosmetics authorities will warn against pinching, squeezing, or popping pimples, but everyone knows this is impossible, and it is not consistent with natural human reaction. Probably the final arbiter on the issue of how to pop a pimple should be the internet. You can go online and check out the subject or find out how to get rid of acne in general.

By Jenny Riley

<http://www.beauty-skin-magazine.com>

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