

This Free E-Book is brought to you by Natural-Aging.com.

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

Options In Acne Treatment

By David Maillie

Acne treatment is one of the most common requests dermatologists hear from their patients. The condition generally begins in the teenage years, but can affect people into their thirties and forties. Blemishes often cause people to avoid social situations and, in extreme cases, can lead to feelings of depression.

The exact cause of acne is not known, but there are several theories. One is that break outs tend to be hereditary. If parents and siblings suffer from it, you may too. Another is that the hormones that surge through the body in puberty cause the sebaceous glands to increase in size and produce more oils. This leads to an increase in blemishes. Other hormonal causes include pregnancy, menstruation and birth control pills.

Although the exact cause of this skin condition is unknown, there are factors that can aggravate it. Squeezing a blemish can spread bacteria and cause more break outs on your face. Excessive humidity and sweating can also spread bacteria and aggravate the condition.

There are several myths surrounding acne. Stress is thought to cause acne, but it does not. However, the stress you feel as a result of the pimples is real. Consider relaxation techniques, reading the bible and prayer as a way to reduce this stress. Other myths include diet and having dirty skin.

Proper skin care can help prevent the spread of acne. Improper skin care can actually make blemishes worse. Excessive scrubbing with harsh cleansers is drying, causes irritations and can create more pimples. Use a gentle cleanser no more than twice a day, if your skin is excessively oily, you can wash three times. Look for a gentle cleanser that is made for your skin type. Salicylic acid is a good ingredient to look for.

Don't use astringent unless you have very oily skin. Astringents can dry out the skin and make it worse. You may be tempted to skip the moisturizer, but don't do this. Your skin needs moisture. Choose a product that is made for people who are prone to pimples. Look for an oil free, non acnegenic lotion.

Options In Acne Treatment

Dermatologists can help with acne treatment. Topical ointments and oral medications can be prescribed for extreme cases. Many of these prescriptions can cause photosensitivity. You should always wear a sunscreen with an SPF of at least 30, if you go in the sun while using prescription medications. For maximum rejuvenation, your doctor may recommend a chemical peel.

In the past, you could only have a peel in the dermatologist's office. Now there is a home treatment alternative. Esthetician's Choice is a medical grade peel that you can use in the comfort of your home. The main ingredient is Trichloroacetic Acid (TCA) which is considered to be the most effective skin peel product on the market. TCA is a non toxic chemical that has been used by dermatologists for over 30 years to treat acne and other skin conditions.

Peels exfoliate the skin on a deeper level than can be achieved with most other skin care products. Easy to follow, step by step directions allow you to perform the peel easily at home. Esthetician's Choice takes only minutes to apply. You may experience a slight reddening for a day or two and the skin will continue to peel, revealing clearer skin underneath.

You will notice results quickly, unlike topical ointments and medications, which can take months to see results. Use the peel full strength for a deeper peel, or you can dilute it for surface exfoliation. Visit

www.bestskinpeel.com

to learn more about this remarkable product, which is guaranteed to give you the results you want.

David Maillie is a chemist with over 12 years experience in biochemical research and clinical analysis. He is an alumni of Cornell University and specializes in biochemical synthesis for public, private, and governmental interests. He can be reached at M.D. Wholesale:

<http://www.bestskinpeel.com>

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.

Options In Acne Treatment

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. One 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.

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

.More valuable acne info on

<http://www.leandernet.com>



This Free E-Book has been brought to you by Natural-Aging.com.

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