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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!**

**Prevent Acne: Wash Your Face Properly**

**By Jason Rickard**

There are tons of beauty regimens that you can readily purchase from drugstores that can help you prevent acne. The long list can be really overwhelming but if there is one classic and effective way of combating acne, that would be the power of cleaning your face with water and mild cleansers.

Gentle cleansing is really important in treating and preventing acne. It can also prevent further irritation. If you can see that your face shows signs of irritation and reddening, then it could easily lead to breakouts. To make sure that you have a mild cleanser, look for words like "oil-free", "hypoallergenic", "dermatologically tested" or "non-comedogenic". Some mild cleansers could also contain some medications like salicylic acid and benzoyl peroxide, which are good components in fighting acne.

There are three types of mild cleansers that you can choose from. These include wipe-off cleansers, mild soaps and water-soluble cleansers. Make-up removers and cold creams fall under the category of wipe-off cleansers. In choosing soaps as cleansers, choose those that say "mild" or "non-drying". It is also important that your cleansing soap should contain moisturizers to lock on moisture to your skin. Water-soluble cleansers are the gentlest cleansers amongst the three types of cleansers.

It is advisable to wash your face every morning when you wake up and before you head off to sleep to wash the day's pollution and residues off your face. Do not scrub your face with hard towels, washcloths or scrubbers. Scrubbing is unnecessary because dirt in itself is not the main cause of the acne at all. Be gentle with your skin, not fight with it. You can use your bare hands to gently massage through your face. Remember not to overdo washing, excessive washing can strip of natural oils of your skin and can dry them.

After washing, pat dry your face with a soft towel. Do not rub off the water from your face. Rubbing can cause reddening and can irritate your skin as well. When your skin dries, then you can put on any medication that is recommended by your dermatologists. Even if you were no longer actively using a treatment, cleansing you face properly would surely chase that acne away.

Jason Rickard is the owner of

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### **The 10 Most Common Misconceptions About Acne**

**By Den Fransen**

- 1) Diets cause acne. Contrary to popular believe, no proof has been found that acne is caused by a diet. Chocolate causing acne is the most common misconception there is about acne. Several scientific studies have been performed on this subject, but none of them could confirm this theory. Other food like sugar oil, milk and seafood are not known to cause acne.
- 2) Popping pimples helps. Popping pimples will not help you to get rid of them. They might go away for a few hours, but will always come back worse. If you pop a pimple you are opening the wound so bacteria and dirt can get in to cause redness and infections.
- 3) Washing your face helps fights acne. Washing your face will get your face clean of dirt, but it will also dry out and irritate your skin. So wash your face at most twice a day with a gentle soap and do not rub it clean or dry to avoid irritating the skin.
- 4) Only teenagers have acne. Most teenagers have acne and in most cases these problems will clear up when they reach their 20s, but some people still have acne problems when they are 30 or 40.
- 5) The sun will clear your acne. The sun might help clear your acne on the short term, because it will dry the skin. But it is not a good remedy for acne on the long run. Usually your acne will come back after a while and probably will be worse. Best way is to protect your skin by using sunscreen.
- 6) Makeup gets you acne. Choose makeup that is non-acnegenic or non-comedogenic, so they won't clog your pores. For people with severe acne, best is not to use makeup at all. If you're not sure about what cosmetics to use consult your dermatologist or doctor.
- 7) You can stop medication ones your acne is cleared. Don't stop your medication without consulting your doctor or dermatologist. If you stop your medication to soon, your acne might come back.
- 8) Stress causes acne. Acne may cause stress, but not the other way around. Some stress medication may cause acne as a side effect. If you're not sure if your drug gives you acne, consult your doctor.
- 9) Acne can be cured. No cure for acne has been found yet, but there are a lot of treatments available

## Prevent Acne: Wash Your Face Properly

for reducing acne and acne scarring.

10) You can't help acne scarring. The best way to prevent acne scarring is to prevent acne itself. If you treat your acne early and for as long as it takes, you can minimize scarring.

Den Fransen is the editor of

<http://acne-papers.com>



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