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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!

Selecting The Best Acne Treatment For Your Skin

By Michael Perry

Acne is a large problem for many individuals, including both teenagers and adults. Many people

believe that the presence of acne will lessen after their teen years are over but for many adults, this is simply not the case. No matter their age, anyone with acne may need to seek an effective acne treatment in order to help rid their skin of this unwelcome intruder.

Many individuals turn to an over-the-counter acne treatment and, while there is no blanket system that works for everyone, these products often provide beneficial results. In order to ensure safety during the use of any acne treatment, individuals are urged to read the instructions carefully and pay close attention to any warning labels.

During the first use of any acne treatment, whether it be in the form of a lotion or pad, consumers are urged to apply the medication to a small portion of the skin before proceeding with application to the rest of the area. In some cases, an acne treatment product may cause irritation to the skin, which may be minimized by applying the medication to a small test area. This process is not exclusive to the first use of the product and may actually be used before each application. Even if irritation does not present itself at first, it may later appear in future applications.

In an instance of a prolonged or extreme case of acne, it may be necessary to consult a dermatologist for an appropriate acne treatment. These physicians are educated toward the treatment of skin and related illnesses, which allows them the advantage of recommending a customized treatment program. If a commercial acne treatment is not helping, there may be no use in continuing to subject the skin to that specific product. Instead, a dermatologist may be able to prescribe an acne treatment that is available by prescription only.

In addition to commercial and/or prescription treatments, there are a number of home remedies that can be applied toward acne treatment. By avoiding contact or a disturbance to the acne prone area, individuals will lessen the chance of infection or added redness. In addition, washing the face both morning and night may help to ease the presence of acne. Exfoliation products may also help to rid the skins surface of bacteria and dead skin cells, both of which may cause acne or clogged pores. A quality exfoliation product will reveal the healthy skin cells and rid the face of the old ones.

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When using any type of acne treatment product, individuals should avoid contact with eyes and are advised to wash their hands immediately after use. In order to avoid skin irritation, most acne treatment products should not be used in conjunction with any other similar product.

The information in this article is intended for informational purposes only. It should not be used in place of, or in conjunction with, professional medical advice or recommendations for acne treatment. If acne is present, individuals should consult a licensed dermatologist for proper diagnosis and/or treatment.

Michael Perry suffered from acne as a child and found a few interesting ways to lessen the redness and scarring. Please visit our website

<http://best-acne-cures.info>

for more information on acne cures

and treatments.

What Acne Scar Treatments Are Out There?

By Den Fransen

Acne can cause scars when not treated sufficient. Therefore you should always treat your acne to minimize the risk of acne scars. If you have severe acne you should consult your doctor or a dermatologist for treatment. You cannot treat acne scars if you still have acne problems. You first have to treat the acne, before you can treat the acne scars.

Acne scars can be found in different variations. The depth of the scar is important. Shallow scars are easier to treat than deep scars. The best acne scar treatment depends on the scars and on the person. Consult your doctor about the best treatment for you. Below is a list of common acne treatments.

Chemical Peels Chemical peels contain different types of acids that will remove the top layer of the damaged skin. The skin will usually turn red or swell for a few days. This treatment is only for people with mild scarring.

Dermabrasion treatment Before the treatment the skin is numbed or frozen. After that the damaged skin is removed using a rotating wheel. The procedure will take up to an hour, but your skin will be reddish for at least two weeks. This treatment is best for shallow scars.

Laser resurfacing treatment Damaged skin is removed using a laser, so new skin can form in its place. This treatment is best for shallow scars, but can cause change of skin tone for people with darker skin.

Punch Techniques This is a treatment for pitted scars. The scar is cut open or out and is sometimes replaced with skin like hair transplantation. This is the best treatment for deep scars.

Subcision By detaching the scar from the deep tissue the skin is leveled. For best results this

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treatment has to be repeated more than ones.

Augmentation The scar is leveled to the surface by injecting collagen under the skin. The results will last for about half a year. Best thing is that there is hardly any recovery time needed from this treatment.

Usually one treatment will not be sufficient to remove all acne scars. Most of the time several or combined treatments are needed to get the best results.

Den Fransen is the editor of

<http://acne-papers.com>



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