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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!

Top Five Acne Remedies

By Mandy Robinson

Many people are concerned about products to remove acne, yet perhaps the more important factor to consider is prevention. After all, an ounce of prevention is worth a pound of cure. So, here are five of the basic but most important ways in order to treat and prevent acne build up.

1. Cleaning

Washing away the outside layer of the skin with natural oils is not really helpful preventing or curing acne, or pimple for other people, for it develops under the skin. Although it's a belief the people develop acne due to the fact that they don't cleanse their skin thoroughly. For everyone's information, washing the skin too much can cause irritation and produces more whiteheads and blackheads that turn into pimples after being infected. Gentle washing is only needed. Use mild soaps or cleanser, an example is Cetaphil or acne bars. Another good sample is Neutrogena product that washes acne.

2. Exfoliating

It is also important to exfoliate; this helps remove the dead skin cells, to maintain a healthy and glowing skin. A mild cleanser will help exfoliate the face after washing. Scrubbing will also help exfoliate the face, which can be done once or twice a week. This procedure will aid in reducing dead layers skin cells that clog the pores, reason why more pimples or acne.

3. Keeping the skin Clear

- Make sure that all cosmetics such as powder, lotion, blush on, foundation, and even sunscreen are oil free
- Complex 15 is oil free moisturizer that helps avoid dry skin
- Get in the habit of using oil-free lotions
- Get rid of hair chemicals such as gels or hair cream

Top Five Acne Remedies

– Always watch for labels with the term non-comedogenic, which means they don't cause pores to be clogged

4. Proven Chemicals

Benzoyl Peroxide

This eliminates the bacteria that worsens acne and it also unplugs oil secretions and helps pimples or acne to heal. This can be found in many over-the-counter acne treatments. Start traditionalistically with a five percent moisturizer once everyday like after washing the face before going to bed. After a week, make it twice everyday if there are no other medications being taken or used. If the acne is not yet healed after four to six weeks, try a ten per cent mixture. This can be bought over-the-counter, however, there is a need to seek for a doctor's prescription. Just be sure to request for a real form: the

pharmacist can be asked which can be bought over-the-counter or which needs prescription.

Antibiotics

These are available only if there's a doctor's recommendation. Antibiotics are very helpful aid for pimples or acne that is already swelling and red and usually have pus, or for if it not those not anymore being treated with medications as expected. These antibiotics eliminate the bacteria, which develop to whiteheads. Make it a point to follow the doctor's recommended dosage and always take the antibiotic pills with enough amount of water. Some of these bacteria killing medicines may also increase the skin's sensitivity to the sun, for this use sunscreen when going out to prevent any sunburn.

Accutane

Accutane are antibiotics that are available only under a doctor's order and recommendation. Accutane is a very optimized pill that is intended for those with deep scars, or pimples that can no longer be treated by other medications or antibiotics. Blood test is taken every now and then when using Accutane as medication, as this can affect the levels blood cell and blood count. For women, the physician, possibly an obstetrician-gynecologist may require the intake of birth control pills prior to prescribing the Accutane. Extra caution is really taken into consideration, as it can be very harmful to to pregnant women. However, until this time some physicians are not prescribing Accutane.

5. Treatment Information

The Treatment can take some time which often takes six to eight weeks for the pimple to heal after there will be another start of treatment. Some medications can cause acne to get even bigger or redder before it gets well, there are times when these could have pus too. If the acne still has not welled after several medications with other drugs, the doctor may suggest that the patient take an oral medicine. Doctors recommend this retinoid as a last treatment, due to its serious effects and it is also very expensive. Sometimes women are asked to take birth control pills as to help them control acne especially in women who mood swings even before their menstruations start.

For more great acne related articles and resources check out

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Natural solutions for Acne are always the best

By Martha Fitzharris

If you are one of the many sufferers from Acne in the world, you might be also searching an effective product that heals this problematic skin affection.

But there are good news for you... acne is curable with time and dedication; with the help of an effective product your acne problem may disappear and its upsetting blemishes may improve.

There is also good news for your health, because it's proved that there are more natural options, so you don't have to use aggressive treatment and medicines that may have side effects on you. Natural health remedies are usually the best way to go. All you have to do is to know your skin type. This is to help prevent you from buying products that will not help you in any way.

With natural health remedies, you will be able to remove your acne through natural methods. And with the limited side effects that natural health remedies cause, you will be pleased to know that you will not break out in any allergies. There's a huge variety of these products in the market, all you have to do is search for the best one.

Natural health remedies are there to give you the best of nature with their natural components that will work to feed and nourish your skin while, at the same time, provide you with the painless treatment you need. There are some products that even trigger the self healing qualities of your skin!

We all know that having acne can erode an acne sufferer's confidence; and with the help of natural skin care remedies, that affected one can regain his or her self esteem as well as his/her beautiful skin.

For improving Acne condition it's very important that you have a daily cleaning routine. Always look the ingredients after choosing your products. Some products that you need to purchase are face wash and facial scrub; cleanser; toner and day and night cream. And in order for these natural health remedies to work, you need to use them every day.

As we said, having a daily routine with natural products will give your skin the best treatment available and will help you to improve your skin from Acne breakouts.

Look for natural products they will surely help you restoring your skin and will return enhance that youthful skin that you had after that annoying Acne.

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<http://www.naturalbioskincare.com>

a website offering a

new biological natural skin care product that activates skin renewal for a healthy skin.



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