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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!**

**Treating Pimples On The Buttocks**

**By John Samuels**

One of the more embarrassing though very common places people can get pimples is on the

buttocks, especially for men who tend to have more hair in that area and sweat more also. It is also a place where it is quite common for the pimples to persist far beyond puberty and well into adult life.

These pimples can be caused by a wide variety of reasons, from ingrown hairs to infected hair follicles but most commonly it is from sweat and bacteria on the skin causing both sebum blockage and inflammation. Often times the same treatments which work for your facial acne are not as effective in treating pimples on the buttocks or other forms of body acne. Moreover most facial acne treatments are only designed to be used on quite small surface areas such as spots around the face, rather than the buttocks or shoulders where it is also common for men to develop stubborn pimples. Or they are far too expensive and harsh on the skin such as retinoic acid, a prescription treatment for acne.

A good step toward clearing up pimples on the buttocks is to make sure the area stays clean and dry, but well moisturised at the same time. Over washing the skin can dry it out and leave it prone to more inflammation which will in turn cause more break outs. At the very least treatment of buttocks pimples should involve a good anti bacterial soap and a slightly acidic moisturiser.

There are also some companies developing treatments specifically aimed at treating acne which develops in places other than the face such as on the shoulders or back. When deciding on a treatment you should make sure that the product you buy has both anti bacterial and anti inflammatory agents as these are the prime causes of pimples on the buttocks and other such areas. Ideally the treatment would include an antibacterial wash, hopefully containing an anti inflammatory agent such as salicylic acid, and a good non pore clogging acidic moisturiser with anti bacterial properties to keep the skin moist yet free from blockages.

Other things which may help will be to make sure you drink 8 glasses of water a day to keep your skin hydrated and supple, and to avoid foods that seem to make your skin more prone to break outs such as most fast foods. Also make sure you clean your sheets regularly as the human body does tend to sweat a reasonable amount at night and this can contribute to the build up of oils and dirt which may lead to blockage of your pores. Also getting a healthy amount of sun can give your skin a far healthier

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appearance and help to clear up acne, though always remember to apply sun screen.

Up until recently there was not much available on the market for someone trying to treat acne on places such as the buttocks, and they had to make do with treatments made specifically for the face. The good news is that these days there are treatments available specifically aimed at treating acne on the less commonly thought about areas of the body, so you have a great chance of being able to clear up your body acne with little difficulty.

John Samuels is the webmaster at

<http://www.pimplereport.com>

, a website devoted to information

about the treatment of acne.

### **Is Popping The Right Way To Get Rid Of Pimples?**

**By Ashish Jain**

Do you wish to get rid of pimples over the night? And you are too stressed up for your appearance? What will help you clear your acne before the morning? Neither the stress nor the medication! Though stress can aggravate pimples, it does not cause it.

Popping seems the only way out. But don't pop it anyways. This is the most undesirable trick to get rid of acne and can damage your skin. That too, to leave behind the horrible scars that will require even longer the time to treat! Plus, popping of pimples can also prolong the life of the pimples.

Popping of pimples should always be done in the presence of a surgeon. This will be a minor operation.

As for you, if you really want to pop acne to clear it fast, keep a few things in your mind.

Before you begin the process, wash your hands thoroughly. Use a sterilized needle to puncture it, slowly and very carefully. Wipe away the pus immediately. Don't do it for fun. Do it with the purpose.

If you lose patience and pick, pinch or squeeze the pimple, you will have inflammation of skin. It will cause bacteria to spread to other parts of the face. The intended overnight solution, could lead to a fortnight's problem. The resultant scars sometimes take more than a fortnight to heal.

There is another harmless method. Hold an ice pack on the pimple for about 2 minutes, and repeat this exercise for every 30 minutes. You will find marked reduction in swelling and inflammation. The pain too will subside.

You can solve the problem for the day by the dose of a flesh-tinted concealer. You hide it or mask it for

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a few hours. The day's job is done and you can revert to your normal treatment. Wash the pimples affected area of your face with a mild cleanser. For exfoliation, gently rub the skin with a cotton pad or soft cloth.

A dab of toothpaste in the affected area has helped many to reduce redness and provide relief from irritation in the skin. Put some lemon juice of a piece of cotton and gently press it on the affected area. The pimples will surrender their aggressiveness to a great extent overnight.

These are some of the quick fix methods to get rid of the pimples overnight, or at least reduce their telling effect. The long drawn out treatment for pimples, needs to be carried out in consultation with the dermatologist.

<http://www.acnetalks.com/pimple/>

& Acne provides detailed information on acne treatment,

pimples, acne skin care and more.



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