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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!

Using Acne Cleansers To Control Your Acne

By Jamie Snodgrass

Using Acne Cleansers To Control Your Acne

Before getting into acne control, let us know how it is formed. Oil called sebum is secreted normally from hair follicles which travel up to the pores where it lubricates and protects the skin. Sometimes, there are overworked oil glands which enlarge and produce too much sebum which can get trapped in the hair follicle. Thus the pores will get clogged which are either called blackheads or whiteheads, allow bacteria overgrowth of Propionibacterium acnes. In the surrounding skin, acne will be formed by inflaming the hair follicle by this bacterium.

Acne control

Including a variety of seeds, nuts, vegetables and fresh fruit in your diet can be a good control for acne. Drink plenty of water every day since dehydrated skin sheds dead cells which can lead to clogged pores and effective acne control. Most skin care products contain chemical ingredients that can aggravate acne. If you use make-up, try products that are non-comedogenic. Keeping stress levels low can also reduce the release of stress hormones and reduce the intensity of acne. Dairy products and red meat in your diet can cause acne. Heavily tanned skin can lead to blocked pores. Some of the acne control guidelines recommended by The American Academy of Dermatology are as follows.

- Do not squeeze, pop or pick at the acne lesion. This can spread the inflammatory process and worsen the acne.
- Wash your face twice a day gently with mild soap or sulfur soap. Just pat your face dry and do not rub it with a towel.
- Avoid oil based products.
- Avoid acne irritants such as airborne grease from fast food restaurants, rubbing or friction from sporting equipment etc.
- Give anti-acne products time to clear up the lesions. This can mean several weeks or even months.

- Some acne products increase the skin's photosensitivity. When in the sun wear a hat and use sunscreen and avoid tanning booths while using these products.

Acne Cleanser

Using Acne Cleansers To Control Your Acne

Acne Cleansers have an important part in skin care. A good acne cleanser will remove make-up, oil build up, dirt and other debris from the skin's surface, preparing it for acne fighting treatments.

Before the acne treatment, the skin has to be washed properly. Avoid using bath soap on your skin for cleansing. There are many kinds of skin cleansers in the market and you can choose the mildest cleanser for your skin. They are all natural and medicated cleansers and are great in controlling acnes. Some of the natural daily cleansers are as shown.

1. PhytoMe Gentle Cleansing Gel

Ingredients include herbal extracts that remove debris, impurities and excess sebum from the skin's surface to leave a clean refreshed feeling to your face. It can be used 2–3 times daily as a facial

cleanser or make-up remover.

2. Clarins One-Step Facial Cleanser

It includes all natural, facial cleanser/toner/make-up removers. This acne cleanser uses the properties of orange extracts to remove impurities and dirt from the surface of the skin. This product does not clog pores and it keeps the skin clean and nourished and is great even for oily skins.

3. FACE Stockholm Foaming Facial Cleanser

The self foaming formula of this cleanser clears all make-up and impurities without harming the skin. The skin is cleaned and refreshed and can be used both in the morning and night.

4. St. Ives Facial Foaming Cleanser

It is 100% soap-free and includes acne-fighting tea tree oil combined with gentle glycerin and chamomile extract to balance the moisture, creating a cleanser that prevents breakouts without drying the skin. This cleanser is excellent for removing facial make-up, oil and dirt.

5. Fira Foaming Tea Tree Facial Cleanser

The clarity, tone, and texture of your skin can be greatly improved by using this instant, self-foaming acne cleanser. The tea tree oil has the natural properties for controlling skin problems and fighting acne causing bacteria. Due to the deep penetrating action of the foam, the skin is cleaned, leaving it fresh, and refreshed.

acne cleansers,acne,acne treatment,Clarins One-Step Facial Cleanser,PhytoMe Gentle Cleansing Gel,ACE Stockholm Foaming Facial Cleanser,Fira Foaming Tea Tree Facial Cleanser

Author is marketer for sites such as :

Acne

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Acne Cleansers – What Works And What Doesn't?

By John Wellington

Are you plagued with continuous acne attacks that never seem to go away? Calm down and stop blaming yourself or those facial acne cleaners. Let me tell you a story. My story.

When I was 15, I was traumatized by my acne. I sampled all kinds of acne cleansers, as well as other topical treatments, and even some internal junk, but nothing seemed to work. It was an awful phase in my life. I was just starting to try to flirt with girls, and looking for a girlfriend, but my terrible skin condition made me feel too diffident and ashamed to even approach them. I don't know if it was my imagination or not, looking back on it, but it seemed that none of them were at all interested, and that no one wanted to talk to me. It might have been adolescent insecurity, but all of the acne cleansers that I used seemed to do nothing, and my self-esteem continued to go down hill at accelerating speed.

Then I realized that acne cleansers would never solve the problem, and that I would have to take care of it myself. My father sat me down and told me that, at my age, he had the same problem. There was the paralyzing insecurity, the acne cleansers, the various concoctions and treatments, the girl craziness. Then, he finally found something that worked. It wasn't the acne cleansers; no acne cleanser can really do anything to completely halt teenage insecurity. It was a matter of taking himself in hand, and realizing that he could do anything that he set his mind to, and that he was good enough just as he was.

Personally, I thought that this was just an empty pep-talk when I first heard it, and I decided to keep trying the acne cleansers. Sure enough, eventually I found one that worked just fine, and did help me out a little, but not enough to really cure all of my pains. Then I realized that, by themselves acne cleansers weren't really enough. My dad had been right about that part! I needed something else.

The answer, of course, was proper diet. Once I started to exercise regularly and eat less fatty food, my acne began to really clear up. I can not say that it went away completely right away. That would be a big fat lie. But it did get steadily better, until it was really not that bad. And you know what, self-esteem is great, but a good complexion and a manly physique is even better. I began talking to girls and managed to sweep one off her feet. Looking at it, I've been grateful to my dad for many things, but his advice about acne cleansers was never one of those things.

John Wellington provides readers with up-to-date commentaries, articles, and reviews for

<http://www.healthcare-resource-guide.com>

,

<http://www.natural-acne-removal.info>

, and other related

information.



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