

## Treating Acne On Black Skin

Acne does not discriminate on the basis of age, gender, race or color of skin. It can happen to anyone at any time. Though genetically defined, this problem can occur even if your parent or grandparents have never had to face it. It can surface on the neck, face, arms, back and can afflict those who have a fair skin or black skin alike. Even though everyone gets stricken with a bout of zits at some time or another we all use some form of acne treatment at least once in our lives. The amount of competition has increased so much between companies providing acne treatments that companies sometimes sell their products on dubious differentiation.

Recent research has shown that in real terms there is no difference between the treatment required for black skin and white skin. The difference does exist in the way acne manifests itself. Black skinned people tend to have dark scars and blemishes while those with a fair complexion tend to get red inflammations as a result of acne. Different treatments are required depending on whether you have oily, dry or combination skin type but that is equally applicable to black and white skin both.

One normally visits a dermatologist when one has severe acne and resorts to self treatment and home remedies at the initial stages. We try and cure the scars and try and avoid getting more of the bane that pervades all society. There also needs to be an attempt to reduce the mental torture and tension caused by appearing in a social gathering with a large zit on the nose.

Many over-the-counter and prescribed topical treatments are available today which claim to be especially for black skin. Benzoyl Peroxide is one common acne treatment which diffuses into the skin and kills bacteria that causes acne in the first place. It dries up the wound and cures in a matter of hours. Other such treatments include salicylic acid, sulphur and resorcinol. Though extremely effective, each of these options comes with its basket of side effects be it redness, dryness or itchiness.

The market is abounding with creams, cleaners, face packs and lotions for acne treatment. There are cures in alternate medicines like homeopathy and ayurveda also. With so many options it is not surprising that we generally need the help of an expert to advise us as to the treatment which will suit us the best.

Source: <http://www.articlecircle.com>

### About the Author

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