

Acne Treatment - The Real Secret to Quickly Heal Your Acne

Acne is an all too common skin condition, and in some cases the chemicals used to treat it can further damage the skin. Here are some tips that will help you heal your acne:

No scrubbing or rubbing.

You can't scrub your acne away. In fact abrasive or frequent washing can lead to dry skin and irritated acne. Your skin will respond best to kind attention. Gently wash your face no more than twice a day with a mild cleanser and pat your skin dry with a clean towel. If you exercise hard and sweat a lot you may want to wash your face afterwards.

Don't pop pimples.

Don't pop or squeeze pimples, as it could lead to inflammation and infection. It could also push the infected materials deep into the skin and create more swelling. Squeezing or popping pimples could lead to permanent scars on the face.

Breathe deeply.

It is advisable to breathe deeply when you feel stressed. Doctors have found out that there is a direct link between stress and acne. Studies have shown that there is increased amount of androgen production when a person is under stress. Not only mental but physical stress such as allergies, surgery etc could activate the androgen production. When androgen is activated the sebaceous glands pumps out more oil/sebum leading to acne.

Use honey.

Apply a honey mask once a week. Honey is regarded as a disinfectant and also it has medicinal properties believed to heal minor blemishes. It has the properties of destroying the bacteria present in the skin.

Pay kind attention to your skin.

Use a mild cleanser no more than twice a day and gently wash and dry your skin. Apply a noncomedogenic (won't clog your pores) sunscreen.

Patience is a virtue.

Be patient. Healing takes time. Unfortunately this doesn't happen overnight. Results are generally seen in a few weeks, but may take up to 8 weeks or more. Don't be tempted by over night promises. So give your acne treatment a fighting chance.

Use sunscreen.

Many acne medications contain ingredients that can make your skin extra sensitive to sunlight and ultraviolet light from tanning booths. Read the label warnings, avoid tanning booths, and always use a sunscreen with at least an SPF of 15. Sun exposure can actually irritate acne even if you are not using an acne medication. So don't make sunbathing a part of your lifestyle and always use sunscreen.

More is not better.

If you use more acne medication than directed by your doctor you can actually worsen your acne. Many over-the-counter acne treatments contain active ingredients such as benzoyl peroxide or salicylic acid. Too much of either of these can cause your skin to become excessively dry or irritated. It can take time for your skin to adapt to new medications. Remember that it may take up to 8 weeks for any acne medication to have a noticeable effect. Use the medication exactly as directed by your doctor and if you don't see an improvement within 8 weeks talk with your dermatologist.

Use only noncomedogenic products.

When purchasing cosmetics, sunscreen or other skin care products, make sure the label reads noncomedogenic. These products, as well as those labeled nonacnegenic, won't clog your pores and therefore won't cause or make your acne worse.

Here's the rub.

Headbands and hats can aggravate your acne as they rub against your forehead. Try to avoid these things when possible.

Don't touch your face.

It's amazing how often we touch our faces during an average day. Our hands have oil on them and of course bacteria too, both of which can make acne worse. So avoid touching your face or leaning your chin on your hand. Be sure that other objects that come in contact with your face like cell phones, telephone receivers, eye glasses, etc are clean.

Wash your face.

It is advisable to wash your face at least twice a day with sulfur-based soap. Once when you wake up and again when you go to bed. Do not scrub; just give it a smooth touch. Washing your skin over and over again will create more trouble than help you.

Cut your hair.

If you have long hair it is advisable to cut it short. Your hair contains oil and when you move, the dust particles do mix up with your hair and when your hair bangs on your face or neck or forehead or the affected area, the situation could worsen. Also wash your hair on a daily basis.

Eat fruits and vegetables.

Eat plenty of fresh fruits and vegetables daily.

Drink lots of water.

Drink at least 8 glasses of water daily. Water helps in cleaning and hydrating the skin and maintaining overall health.

Change your pillowcase.

Wash or change your pillowcase every day.

Exercise.

Exercise moderately as it helps in blood circulation and helps eliminate toxins.

Review your environment.

Pollution, airborne grease (such as in a fast food restaurant), irritating clothing - all these can aggravate your acne. It isn't always possible to avoid all the various irritants that may contribute to your acne. You can, however, make educated decisions that may help to minimize their impact. Loosen tight, irritating clothing or find fabrics that breathe better and don't aggravate your acne.

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