



Acne Secrets & Treatments



A Step Closer to Beautiful Skin.

By Sally Jones

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What is Acne?

Acne is a medical condition describing blocked skin pores that result in lesions. For a variety of reasons that aren't entirely understood, skin pores can become plugged with sebum, the natural oil produced by skin's sebaceous glands. Once plugged, dead cells and bacteria become trapped in the pore, resulting in the lesions common to acne.

The most common lesions are called 'comedones'. Comedones come in two basic varieties, 'white heads' and 'black heads'. A white head is a plugged pore that has begun to bulge outward from the skin due to bacteria, dead skin cells, and other contaminants that have become trapped inside. The bulging dome shape often takes on a white appearance. Black heads are simply comedones that have become opened, revealing the dark follicle plug within. Acne comedones are often referred to as pimples or zits.

Microcomedones are a less common form of acne lesion, sometimes referred to as papules. These are basically small comedones that form from localized cellular reactions to the processes that cause acne. That usually occurs in clusters and are sometimes too small to see, but can be felt as a series of little bumps along the skin surface.

In more severe forms of acne, pustules, nodules and cysts can form. A pustule is like a normal comedone, but larger due to a higher amount of dead white cells, or pus, trapped inside the plugged sebaceous follicle. Nodules are a more severe form of papules, extending deeper into the skin tissue and resulting in large raised lesions that are usually inflamed, and painful to touch. Cysts are very large fluid-filled sacs that can result from pustules or nodules. Though none of these forms of acne are dangerous or life-threatening, they can leave scars and are sometimes very disfiguring.

What causes the plugged pores that result in acne is a question that scientists and doctors still haven't been able to completely agree upon. Today, most theories seem to point to a combination of factors that include genetics, hormone changes, and stress. For years it was believed that diet was a strong component to acne, but most evidence today suggests that hormones and stress are more likely to be the culprits.

Almost everyone will have some form of acne in their lives. Most people get acne during their teenage years, associated with the massive hormone changes that occur during puberty. It is equally common to men and women, and usually occurs in facial regions. However, acne can begin or persist at any stage in adult life, and can sometimes occur on the back, neck, arms and legs. Don't wait any longer before your skin gets any worse, check out the following two links to see whether or not your acne skin can be improved in a short period amount of time.

- [Is it possible to clear up your acne within a week?](#)
- [How to clear your acne in weeks.](#)



How to Stop Acne?

Do you have another whopping zit on your face? Wow, can this ever be excruciating! I mean come on, does it truly ever end? So many of us face the daily redundant pangs of acne, but don't have a clue what to do about it. Well, if you really want to learn how to stop acne, you have to turn to the professionals. Now, this can be a variety of different sources, ranging from your family physician, to a dermatologist, to the World-Wide-Web. The key is discovering what literally causes acne breakouts and assessing it properly. In fact, the ideal remedy for your pimples may be different from what your best friend or sibling uses. Isn't it time you took your life back and got your image in order for a bright future?

Have you have any clue how to stop acne? Hey, if your answer is a big fat no, then don't fret one bit. You're certainly not the first to be clueless when it comes to zits and their origins. The truth of the matter is that 80 percent of the human race is burdened by this nasty skin disorder, however many don't treat it properly. If you are one of the several that suffer from severe acne, which probably covers your face and back, it's prudent to consult a professional. He/she will be able to give you the absolute best advice regarding your particular skin. Since we all have a skin type, it's essential to know how to go about treating it and furthermore how to stop acne from returning. Probably one of the most common mistakes when it comes to blemishes and pimples is over-doing it. Far too many acne sufferers are cleansing their delicate mugs several times a day with harsh products. This can only worsen the situation at hand. In reality you should be cleansing your face no more than three times each day. And that's only if you have oily skin. Typically a topical cream or gel should be applied after cleansing in order to treat the acne breakouts.

Are you still trying to decide how to stop acne? It's time to get jacked into cyberspace, folks. The world-Wide-Web has all you need when it comes to zit prevention. Sort through a vast array of treatment products. Read reviews on how to stop acne fast. Find that perfect acne remedy that suits your skin. It's time to take control of your complexion and learn how to stop acne now. Your face will thank you.

Here are few online resources that I found and strongly recommend that you take your time and check it out especially for those with a serious skin problem.

- [The ultimate acne solution.](#)
- [Natural cure for stopping acne.](#)
- [A proven and easy to follow step-by-step acne free program.](#)



Treatment for Acne?

If you suffer from blemishes and pimples, then you know what an embarrassing, or even traumatizing, experience it can be to interact with other people. Your face is the first thing that they notice, and no matter how hard you try, you can't completely cover up every zit and blackhead you have. You want to clear up your face now, but none of the over-the-counter soaps, cleansers, and creams seem to do any good. In fact, a lot of them contain harsh chemicals that have actually made your skin worse. What you need is an acne treatment that really works.

Thanks to the Internet, you've got hundreds of acne treatments right at your fingertips. The hard part isn't finding an acne treatment; the hard part is choosing which one will work best for your skin type. Unfortunately, you often won't be able to determine whether or not a particular cream or gel will work on your pimples until you actually try it. But trying every acne treatment product on the market isn't really an option since that would quickly add up to hundreds of dollars or more.

So what can you do? Your best course of action would be to find out everything about your skin type and pimples. Is your skin generally oily or dry? Does your face get red and itchy when you use benzyl peroxide or other active ingredients commonly found in acne treatments? Are your pimples large and red, with an almost cyst-like appearance, or are they small bumps? The answers to these questions will greatly aid you in your attempt to purchase the best acne treatment for your condition.

The next step is to start checking out specific acne treatment products. Most online retailers provide a lot of information about the ingredients in their products, so you'll be able to determine with relative certainty whether or not a particular product will irritate your skin. Another thing you should do is read customer reviews of the various acne treatments that you might purchase. If an overwhelming majority of customers claim that a product made their face peel or simply didn't work, then those are the types of results that you'll likely get as well. Similarly, if most of the customers rave about how gentle and effective the acne treatment was, and then you should check that product out.

Just remember not to let your quest for clear skin get in the way of good judgment. There are a lot of products out there that are nothing more than gimmicks but there are some really good ones. Just take your time and choose a right one for you.

Problem skin is more than just an annoyance. It can hinder both your personal and your professional life, as well as lower your self-esteem and confidence. But with the use of the right acne treatment, you can get your pimples under control and allow your great skin to shine through.

I wish you the best of luck on your quest for clear and healthy skin ☺



Resources

The following are the best skin care products I found. I have personally used all of these acne products myself. These products received numerous positive feedbacks from millions of users worldwide. All of them offer you a FREE TRIAL, where you can try their product absolutely FREE. This is excellent for you as a consumer because once you find a product that best for your skin you can stick with that product if not just try another one.

Make sure you check out all these products and pick one that best for your skin.

TriClear acne solution.

Four easy step acne system.

CellaDerm.