

# Options In Acne Treatment

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The exact cause of acne is not known, but there are several theories. One is that break outs tend to be hereditary. If parents and siblings suffer from it, you may too. Another is that the hormones that surge through the body in puberty cause the sebaceous glands to increase in size and produce more oils. This leads to an increase in blemishes. Other hormonal causes include pregnancy, menstruation and birth control pills.

Although the exact cause of this skin condition is unknown, there are factors that can aggravate it. Squeezing a blemish can spread bacteria and cause more break outs on your face. Excessive humidity and sweating can also spread bacteria and aggravate the condition.

There are several myths surrounding acne. Stress is thought to cause acne, but it does not. However, the stress you feel as a result of the pimples is real. Consider relaxation techniques, reading the bible and prayer as a way to reduce this stress. Other myths include diet and having dirty skin.

Proper skin care can help prevent the spread of acne. Improper skin care can actually make blemishes worse. Excessive scrubbing with harsh cleansers is drying, causes irritations and can create more pimples. Use a gentle cleanser no more than twice a day, if your skin is excessively oily, you can wash three times. Look for a gentle cleanser that is made for your skin type. Salicylic acid is a good ingredient to look for.

Don't use astringent unless you have very oily skin. Astringents can dry out the skin and make it worse. You may be tempted to skip the moisturizer, but don't do this. Your skin needs moisture. Choose a product that is made for people who are prone to pimples. Look for an oil free, non-acneogenic lotion.

Dermatologists can help with acne treatment. Topical ointments and oral medications can be prescribed for extreme cases. Many of these prescriptions can cause photosensitivity. You should always wear a sunscreen with an SPF of at least 30, if you go in the sun while using prescription medications. For maximum rejuvenation, your doctor may recommend a chemical peel.

In the past, you could only have a peel in the dermatologist's office. Now there is a home treatment alternative. Esthetician's Choice is a medical grade peel that you can use in the comfort of your home. The main ingredient is Trichloroacetic Acid (TCA) which is considered to be the most effective skin peel product on the market. TCA is a non-toxic chemical that has been used by dermatologists for over 30 years to treat acne and other skin conditions.

Peels exfoliate the skin on a deeper level than can be achieved with most other skin care products. Easy to follow, step by step directions allow you to perform the peel easily at home. Esthetician's Choice takes only minutes to apply. You may experience a slight reddening for a day or two and the skin will continue to peel, revealing clearer skin underneath.

You will notice results quickly, unlike topical ointments and medications, which can take months to see results. Use the peel full strength for a deeper peel, or you can dilute it for surface exfoliation. Visit [www.bestskinpeel.com](http://www.bestskinpeel.com) to learn more about this remarkable product, which is guaranteed to give you the results you want.

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