

Acne Treatment That Works For You

Finding an effective acne treatment is easier said than done. Everyone is different with different body chemistries, different hormonal changes and even different ways that their body handles stress. This means that a product that works for one person may not necessarily work for another. This can be frustrating and usually you can only find an effective treatment through trial and error. These, however, are some of the more common remedies.

Acne Injections

Acne sufferers can calm severe outbreaks with a visit to their doctor. The physician can inject cortisone into the lesions, reducing redness, swelling and pain. Many celebrities use this method when they have to be in front of the camera and have a last minute breakout.

Acne Prescriptions

A physician may prescribe certain medication to patients who suffer from severe acne. Medications such as tetracycline, which is typically used for eye infections, is also very effective in clearing up acne.

Birth Control Pills

Many women find that taking birth control pills helps to clear up their skin. This is especially true for women who experience breakouts during their menstrual cycle. This is now a common acne treatment used by many doctors.

Acne Creams and Lotions

Clearasil and Oxy are two very popular acne creams and lotions. They contain benzoyl peroxide which dries up acne. Other products like Neutrogena use salicylic acid which is gentler on the skin. Creams and lotions work best if they are combined with a regular cleansing routine.

Acne Specific Cleansers

Many companies make cleansers that are designed to fight acne. They may come in the form of a cream cleanser, gel, scrub or bar soap. It is important that you try different cleansers and discontinue the use of any cleanser, or any treatment for that matter, that causes your skin to become inflamed or dry.

Acne Cleansing Pads

Oxy was one of the first acne medications to come out with cleansing pads. These pads have been soaked in an astringent and all you have to do is swipe it over your skin. It picks up dirt and oil, but they can be drying. Other companies have followed suit but they tend to work best when combined with a good cleanser and spot treatment.

Acne Home Remedies

Witch hazel is a great natural astringent and tea tree oil is a natural antiseptic. Both of these home remedies are great for fighting acne. They tend to be gentler on the skin than commercial products and are often much less expensive.

Acne Treatment Systems

Proactiv, Murad and other acne treatment systems have helped many people clear up their acne. These systems include a cleanser, toner, moisturizer and often a spot treatment. When used regularly, they can be quite effective.

A good acne treatment can make all the difference. You can also take preventative measures to stave off breakouts. Green leafy vegetables such as broccoli, spinach, sugar snap peas and dark green lettuce are all very good for the skin and can help you have a clear complexion. Drinking lots of water is also very effective. Furthermore, you need to cleanse your face regularly with warm, not hot, water and a mild cleanser. Rinse well and pat dry with a clean towel. If you use a treatment that works for you and combine it with preventative measures, your skin will show it.

About the Author

For more insights and additional information about an effective [Acne Treatment](#) please visit our web site at <http://www.acne-warrior.com>

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