

## Acne Treatments - Learn About Worthwhile Information

If you're like most of us, you've probably had a bout or two with acne. Most adolescent can tell you that the agony that goes with these mean little bumps, is harmful to one's confidence. Fortunately we now have many solutions to this old-as-time difficulty. You have possibly toyed with one or many over the counter, drugstore products if you are one of the 80% of human beings affected by acne. Many of these treatments also cause dryness, redness, or itching while fighting the break-outs to a small extent. Then you're stuck with additional problems. Finding out what products are right for you and your skin type is the key to success. Many acne fighting treatments offered today include active ingredients such as, salicylic acid or benzoyl peroxide. Both of which are proven to fight acne. Whether you're looking for a drying agent or an exfoliant should be considered prior to purchasing. Many topical acne creams contain a drying agent called benzoyl peroxide. Pimples can be vanquished by drying up the oil-ridden skin. On the other hand, salicylic acid is an exfoliant. In order to unclog pores, exfoliants are created to slough dead skin cells from the face or body. This active ingredient is available in many cleansers, toners, and pads. It's always good to consult a dermatologist prior to treatment, no matter what type of acne you're afflicted with. If you prefer, your dermatologist can also give you a prescription for a medication, which may be better than an over-the-counter solution. Beside current creams and gels, oral treatments are available. A popular acne product on the market today is Proactive Solution, which can be purchased online or possibly at your local shopping mall. Many devout users of this product swear by its effectiveness. You probably know what I'm talking about if you watch television. If you are curious about this and virtually any other acne treatment, simply do an online search and you will find a lot of solutions to those nasty, little bumps. You can surely find a solution to your skin problems, whether you're afflicted with teenage blackheads and whiteheads, or just mild acne as an adult. We do not have to just take it, whether acne is brought on by hormones or stress, whilt it affects a lot of us at one point or another in our life. Acne should be dealt with before getting too severe and be a horrible shot to anyone's self-esteem. In the wonderful world of technology we all share, there's no reason why you shouldn't take advantage of its innovations.

## About the Author

This well known writer is an Internet researcher and really likes sharing his passion with others. Learn more now about Acne and [regarding Acne Cure questions](#) at his web site [acnetreatmentsandremedies.com](http://acnetreatmentsandremedies.com)

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