

# To Pop or Not to Pop ?

## AVOIDING THE ACNE AFFLICTION



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# THE ENEMY: ACNE



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Acne won't get you any dates, that's for sure. Teenagers abhor it, and adults sufferers don't embrace it either. As most teenage girls will attest, pimples arise at the most inopportune moments, which can be anytime on any given day for them. Acne affects self esteem, self worth, and self-identity, and can turn a once outgoing person into a recluse.

There are different types of acne that occur on the body, and not just on the face, which is the most common. Acne, commonly known as pimples, zits, whiteheads, or blackheads, start to form in hair follicles or pores when the oil or sebum is trapped beneath the skin surface causing bacteria to form. Acne can be mild or severe, which is called acne vulgaris, and can cause disfiguration and severe scarring. It's important to keep hands off, and if you must, wash the area and your hands first. If you are successful in expelling any of the gooey ingredients, be careful not to spread it to surrounding areas where it can cause another eruption.

To pop or not to pop? It is tempting, because you just want it to go away. Popping it will not always cause scarring, but only pop if it's ripe and ready! Otherwise, the skin can become more irritated if you continue to pick at it, then a scab will form and more bacteria has been spread as well, leaving you with a bigger mess than you had to begin with! If you must pop, you should wash your face with warm water and cleanser and remove all makeup, and of course, wash your hands too! Try to avoid using your fingernails because dirt can be trapped beneath which will be introduced to the open skin when popping and spread germs. Use a tissue to apply pressure or a tool specifically designed for this purpose (available at most cosmetic supply retailers). Stop after pus has been expelled and if nothing comes out, this will just create further irritation.

There are many different acne treatments available, some work and some don't. If acne is severe it would be wise to consult a dermatologist, who can prescribe a treatment plan to lessen the number

of outbreaks, and subsequent scarring. The most common ingredient in most acne treatments is 2.5% benzoyl peroxide, which can be very effective for mild to moderate acne in combination with regular gentle cleansing of the skin. There are also many websites dedicated to various acne treatments that provide a wealth of information for the acne sufferer. For those who have severe cases, antibiotics or Retin-A may also be added to the treatment regimen. Whatever type of acne you suffer from, no matter if it is mild or severe, it is possible to have clean skin. Start now and send acne on its way, forever!

# THE OBJECTIVE: BE ACNE FREE.



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How's your complexion looking these days? Is it oil free, shine free, perfectly hydrated, radiant, smooth, and free from any imperfections? Yeah, probably not likely. Although no one is perfect, you can do everything in your power to make sure your skin looks great at all times. Because let's face it, we all want a great complexion, and that means staying acne free. What causes acne anyway? Unfortunately most people don't even know. They just go about buying loads and loads of treatments, which unfortunately worsens the situation sometimes. To be acne free, you must first understand your face.

Okay, so you know your skin type; that's a good start. It's now time to find products that work well for you. Just because they say they're for your particular skin type, doesn't mean that they'll do your mug justice. While we all typically understand that pimples erupt due to clogged pores, many of us do not attack this dilemma in the right fashion. So you have dead skin, oil and bacteria; you know that these are the catalysts that initiate acne, but do you know how to deal with them properly?

First of all, you don't want to over-cleanse. This will only aggravate and irritate your delicate skin further. The last thing you need is a dry face. This dilemma will actually cause your glands to pump out more oil to compensate. What you need is balance if you want to be acne free. Try a gentle cleanser that's dermatologist recommended. This will wash away the dirt and oil, but not strip the skin's surface. A topical treatment may be necessary to apply after cleansing. It's always prudent to pat the face dry with a clean towel. You don't want to rub and cause further irritation.

Proper diet is also a key factor in maintaining acne free skin. What we eat comes out through our pores. Think fruits, vegetables, and plenty of water. These give our body nutrients that we need everyday. A final tip concerning acne free skin relates to your night's sleep. Are you getting enough of it? You want to be sure to get enough rest each day. This reduces stress and fatigue, which in turn affects your complexion.



You may want to switch pillow cases every night as well. I know this sounds crazy, but all of that bacteria is imbedded into your pillow case every night when you sleep. Do you really want to rub your clean face on it night after night? With the right steps, you too can become acne free.

# THE GAME PLAN: REMOVE THOSE ZITS.



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### ***1. Get help with severe acne.***

There are times when acne can attack without warning. If you do have severe acne, you should not hesitate in getting help for it. Visit a dermatologist as soon as possible, so that you can finally put a stop to it, and live a life with healthy and acne free skin.

### ***2. Try one product at a time.***

To cure acne or any other skin disorders, you may have a tendency to make use of different types of products all at once. Instead of doing that, you should try one product at a time, so as to give it a chance to work. Aside from that, it is best to focus on a reliable product, than applying different ones, since applying too many of them may irritate your skin further.

### *3. Be mindful of what you apply on your hair.*

When you apply certain things on your hair, such as gel, hairspray, or mousse, you should do it sparingly. This is because, using it excessively can irritate your scalp. Aside from that, if you have a long hair, and it constantly rubs against your face, then it can also be the root cause for having acne infection.

### *4. Don't visit the kitchen too often.*

If you want to prevent having bouts and bouts of acne infection, you should avoid going to the kitchen, especially when someone is cooking. You need to keep in mind that there is oil floating around your kitchen, when it is heated. Therefore, if you visit it lots of times in a day, then you would be accumulating oil on your skin, which is bad news.

## *5. Pimples and makeup.*

To prevent pimples though, choose makeup items that are gentler on your skin. Such items usually do not contain substances that can clog up your pores and cause pimples.



For more information on the [best acne blemish treatment](#), and to view the entire range of Acne Free Info's featured products, please visit <http://acne-free-info.com/>.