

Acne Skin Care Tips

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Acne skin care can be a frustrating maze of myths and remedies that promise clean, clear skin, but only end up irritating the skin more rather than working to prevent acne breakouts. Sometimes, sensible skin care can save people from a visit to the dermatologist.

Among the many myths that circulate about acne skin care are the ones that point at chocolate or excessive exercise as the culprits for poor skin. In reality, the only real causes of acne are poor skin care, stress and hormones. While you can't do much to change your levels of hormones, there are steps you can take to relieve stress or have a better skin care routine.

Any stress relief you can do, whether it is exercise, reading, or studying for that test ahead of time instead of cramming at the last minute, will help prevent acne breakouts. While you cannot always be stress free, acne skin care is something you can always do that will help keep you as acne free as possible.

Acne skin care should gently clean your skin and avoid irritating it. Acne breakouts, especially pimples, are essentially skin irritations. You want to make sure that you do not make breakouts any worse with improper skin care. The first and most basic thing you should do is wash you face, or other affected area, at least once a day. If you have oily skin, you may want to wash twice a day. Simply use soap and water, and do not scrub your face, as this will only further irritate your skin. Try to be as gentle as possible when drying your face, as well. Washing your face helps remove excess oil, which prevents the pores from getting clogged and forming pimples. Also, if you wear makeup, you should use water based, not oil based, makeup so that your pores can breathe.

Popping or squeezing pimples can actually make breakouts worse if done prematurely. If you attempt to pop a pimple before it is ready, you are more likely to bruise your skin, which will leave a long-lasting red spot. The pimple can also pop and go deeper underneath your skin. This can cause an even worse pimple, known as a cystic nodule, which forms a hard, painful lump. Cystic nodules, like bruising your skin, can be very noticeable and can take a long time to go away. For this reason, popping pimples when they appear should not be your first acne skin care option.

Be wary of the sun, too. A sunburn irritates and damages skin as much as scrubbing hard will. Choose a water-based sun block for protection, as this choice will help pores stay clog-free. Good acne skin care starts with the basics. If you have a sensible skin care routine combined with the right products and the right choices, such as being mindful of exposure to the sun or reducing your stress levels, you can decrease your chances of future outbreaks. Articles: Acne Treatment

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