



Article Side

Try acne lotion to dry excess oil and promote peeling. by [Verzdesign1](#)

Article published on May 7th 2012 | [Acne](#)

Most acne problems come when we are in puberty where hormones are developing. This is a condition that plagues most teenagers. However, many adults struggle with acne too. Below are some tips to take care of acne-prone skin.

You can avoid or control most acne with good basic skin care and the following self-care techniques:

Wash face with a gentle cleanser. Products such as facial scrubs, astringents and masks generally are not recommended for acne-prone skin because they tend to irritate skin, which can worsen acne. Excessive washing and scrubbing can also irritate skin. If you tend to develop acne around your hairline, shampoo your hair frequently.

Try acne lotion to dry excess oil and promote peeling. Look for products containing benzoyl peroxide or salicylic acid as the active ingredient

Keep hands, hair and objects off your face. Keep your hair clean and off your face. Also avoid resting your hands or objects, such as telephone receivers, on your face. Tight clothing or hats also can pose a problem, more so when you perspire. Sweat, dirt and oils can contribute to acne.

Do not pick or squeeze blemishes. Picking or squeezing can cause infection or scarring. If you need aggressive treatment, see your doctor or dermatologist.

Wash acne-prone areas only twice a day. Washing removes excess oil and dead skin cells. But too much washing can irritate the skin. Wash areas with a gentle cleanser and use oil-free, water-based skin care products.

Avoid putting on makeup that contains irritants. You may want to avoid oily or greasy cosmetics, sunscreens, cosmetic surgery, hairstyling products or acne concealers. Use "water-based" or "non-comedogenic" products. For some people, the sun worsens acne. Additionally, some acne medications can make you more susceptible to the sun's rays. Check with your doctor to see if your medication is one of these, and if so, stay out of the sun as much as possible. If you have to be in the sun, use sunscreen that doesn't clog your pores.

Avoid heavy foundation makeup. Choose powder cosmetics over cream products because they are less irritating.

Always remove makeup thoroughly before going to bed. Going to sleep with cosmetics on your skin can clog tiny openings of the hair follicles (pores). Also, be sure to throw out old makeup and clean your cosmetic brushes and applicators regularly with soapy water.

Wear loose fitting clothing. Tight fitting clothing traps heat and moisture and can irritate your skin. Whenever possible, avoid tight fitting straps, backpacks, helmets or sports equipment to prevent friction against your skin.

Shower after exercising or doing strenuous work. Oil and sweat on your skin can trap dirt and bacteria.

Products recommended for acne-prone skin:

Dermaheal Anti-Acne Bundle - Add this step of Dermaheal DeAkni and Dermaheal Clean Pore Mask Pack to your basic care regimen to control your acne outbreak.

FM Acne Serum - This provides a quick fix to your acne. You can bring it along and apply on your acne with its roller ball applicator anytime, anywhere.

Baby Quasar Baby Blue - Professional Acne Care at home. The Baby Blue light works by killing acne-causing bacteria (*Propionibacterium acnes*), and treating inflammatory acne vulgaris. Having the Baby Quasar will save you the trips down to the salon/doctor for your treatment! Do it at the comfort of your home and see results!

Article Source:

<http://www.articleside.com/acne-articles/try-acne-lotion-to-dry-excess-oil-and-promote-peeling.htm> - [Article Side](#)

[Verzdesign1](#) - About Author:

For More information about a [Acne](#), a [Cosmetic Surgery](#) and a [Cosmetics](#) visit our website:
<http://skinstreet.com.sg>

Article Keywords:

acne, cosmetic surgery

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!