

Try a Natural Acne Treatment as your Skin Care Regimen

Acne has always been regarded as a sign of puberty and the scourge of many adolescents. With studies showing that more than 80 percent of teenagers experience acne, it is no wonder that acne treatment is a multi billion dollar business. But that does not mean that only teenagers experience this problem. Sadly, there are a number of adults who face this problem as well. While there are some of us that do have it sporadically, some adults feel like teenagers raging with hormones because a new acne problem seems to pop out daily, no pun intended. But aside from the OTC or over the counter medications that people purchase for their acne treatment and skin care. The way you live your life and your habits make a great difference as well. Doing some of these easy and reliable tips can help a lot in your face off with acne: 1) Make sure that your face is constantly kept clean. Wash it daily and regularly depending on your environment. If you live or work in a place where there are lots of pollutants in the air, then you need to wash it more often. 2) Exercise and drink lots of water. Exercising sweats out the toxins, drinking lots of water detoxifies the body, just make sure to clean your face after exercising to remove the sweat from your face. 3) Watch what you eat. Excessive acidity can help cause acne. Fruits and vegetables would be better especially if you have severe acne. 4) Let your pimples be. Popping them would just release the bacteria allowing them to infect a larger space. 5) Minimize the times when you touch your face. Hands can get very dirty even if they seem clean. Try to follow these tips and you may just see your acne problem going away. Acne treatment does not have to be expensive and excruciating. Skin care should always be a priority especially on your face.

About the Author

Faculty and students in the School of Natural Sciences are interested in understanding the physical and natural world. Advances in biology, chemistry.

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