

Acne Skin Care

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When acne develops into a worsened condition, it may cause embarrassment, apprehension and anxiety causing the person with acne to withdraw from friends and peers.

{bot_wrgoogle}While particular elements, such as dust, pollution and chemicals in cosmetics can aggravate a person's acne, the exact cause of it is not really known.

Studies show that increasing levels of androgen hormones during puberty, causes that sebaceous glands intensify its size, making more sebum, influencing the cause of acne.

Genetics may be a cause of acne in a person. If, either of your parents have had severe acne problems, then your chances of getting a bad case of acne will be higher.

Here are some acne myths that you might want to verify if you want to handle your acne, as these myths can mislead you. Check some of them:

*Cosmetics are a cause of acne. Not true. Many oils and creams can worsen the acne, but the fact is, there are certain brands of cosmetics that are "non-acnegenic". So it's recommended to read carefully the labels of your cosmetics before applying them.

*Stress causes acne. Not true. Stress itself does not cause acne. However, medications used to treat stress may have side effects that cause acne. If you are taking such medication and you have some doubts, first ask your doctor about it.

*Acne is caused by sexual activity or masturbation. Not true. The early teens experience certain hormonal changes as a result of puberty. Hormonal imbalances can cause acne, but not sex.

*A dirty skin equals acne. Not true. When a person has acne, it doesn't follow that this person's skin is dirty. Of course, it always helps to have a clean face, but also be careful not to over do it. Too much vigorous scrubbing can

worsen acne condition. A point to remember is that acne is the result of oil glands. These glands are below the skin's surface. They can't be washed.

*Once you have acne, you can't do anything but wait until it is cleared up. Not true. Sometimes, acne goes away but leaves scars. The fact is, acne can be very well cleared up. If you have tried an acne product that didn't work, stop its use and do not try other products until you see your doctor. He always has the

best advice.

*Oily foods are a cause of acne problems. Not true. But it will always be better to your body to eat a balanced diet full of vegetables, fruits and lots of water.

*Squeezing an acne is the fastest way to get rid of it. Not true. Don't do it. This can damage the cells beneath your skin, causing an inflammation and leaving a scar. The best way is to leave it alone, apply medication, and in case of any doubt, your dermatologist is always there for you.

*Exposure to the sun can dry out acne, thus improving its condition. Not true. The sun may dry acne, but it will not cure it. If you are applying any cream to your acne, such as retinoid and tetracycline, do not expose your skin to the sun, as these cream make your skin very sensitive to the sun's rays. And always go out with sunblock to protect the sensitive skin of your face.

Acne is not a joke. Permanent skin damage can lead to unpleasant looks affecting your self esteem, especially in teenagers. If you do have acne, here are some helpful guidelines to care for your skin:

*Wash your face gently. A mild skin cleanser is the key. Just wash your face gently twice a day, once in the morning and other in the night. And rinse it complete, making sure that no residue is left.

*Carefully choose the right makeup. Change all your old makeup. Then read the label carefully before buying. It should be non acnegenic and noncomedogenic. Or if you prefer, go without makeup it's always better.

*Avoid touching your face. Avoid picking. Picking can develop scars because your hands may contain germs that can aggravate the acne condition.

*Avoid the sun. Acne treatments usually makes the skin sensitive to the sun's rays, and make the acne condition worse if these treatments are exposed to the sun.

Thankfully, today acne can be cured. Advanced laboratory research gives us answers and solutions to these scar problems.

Creams are widely available to help on who is suffering from acne break ups. But the question is... which cream to choose?

Retin A creams are popular in acne treatment; it decreases oil production in the sebaceous glands, or oil glands. Now, this is a difficulty because the problem doesn't lie in oil production alone. It has something to do with pinching off the skins follicles after sebum production. These substances can have side effects.

To avoid this problem better read carefully the labels and do a research of your own. But usually, creams that have the following components will help to solve your problem:

Glycolic acid, in molecular size, can easily penetrate the skin. When inside the skin, it acts promptly. New growth and formation of collagen in the skin is triggered and it activates the formation of dermal glycosaminoglycans, which are complex carbohydrate chains that provide binding, hydrating and swelling

pressure to tissues enabling them to withstand compressional forces and successfully prevent tearing and scarring in the deep layers of the skin.

Furthermore, glycolic acid also influences the fresh forming keratin cells. This formation takes place at the bottom of the stratum corneum. The interaction of glycolic acid to the keratin cells is the reason why the bulk of such cells are lifted off, separating it from just beneath the skin, giving it a smooth appearance.

Glycolic acid is taken from the secretion of the snail. Studies show that indeed, glycolic acid can regenerate the skin. It works by carrying certain ingredients, such as collagen, elastin allantoin, specific peptides and certain vitamins to the skin follicles to repair the skin.

If such a cream is composed of the above mentioned ingredients, combined with a healthy diet and daily basic skin care, it will surely lead to satisfying results.

If acne has affected your self-esteem, here are some helpful ways to deal with this problem:

*Face the problem. If you have a serious acne condition, don't think that time will repair it. It's necessary to visit your dermatologist, she or he can help you find right medication.

*There are always cosmetics, makeup, and tricks to hide those pimples while you are trying to cure them. So for the meantime, be creative and enjoy putting on makeup.

The SPF number tells you about how long you can stay in the sun without burning. For example, if you normally burn in 10 minutes without sunscreen and you've applied a liberal dose of sunscreen with an SPF of 15, you would be protected from sunburn for 150 minutes.

Sunscreens should always be used if you plan to spend more than 20 minutes in the sun. To get the maximum protection from your sunscreen, apply at least one large handful (about 1 ounce) 30 minutes before you go outside. The sunscreen should be reapplied throughout the day and after swimming, toweling dry, or participating in any activity that causes heavy perspiration.

When buying a sunscreen choose always those who contain natural ingredients because they give protection and at the same time stimulate the skin renewal process.

4. Intake vitamin C.

Potentially, vitamin C can benefit skin in two important ways. Firstly, vitamin C is essential for the synthesis of collagen, a key structural protein of the skin. Adding vitamin C to a culture of skin cells (fibroblasts) dramatically increases the synthesis of collagen. Secondly, vitamin C is an antioxidant and can help reduce skin damage caused by free radicals. So, when vitamin C is properly delivered into skin cells, there is a good chance to reduce wrinkles and improve skin texture.

Taking in supplements of vitamin C frequently is much more efficient than applying it to your skin where it can barely be absorbed and the quantity in skin care creams can not be enough to contain the harmful effects of sunlight, cigarettes, and pollution in our skin.

Vitamin C is the body's major antioxidant, and it protects skin from damage by neutralizing free radicals that break down and even mutate cells. But there are, however, some complicating circumstances often disregarded by manufacturers.

First, vitamin C is relatively unstable (unless it is in a dry form). In the presence of air or other oxidizing agents, vitamin C is easily converted to an oxidized form. The oxidized vitamin C is not only incapable of boosting collagen synthesis or scavenging free radicals but actually promotes free radical

formation causing damage to vital molecules such as proteins and DNA. In poorly prepared or poorly stored skin care products, vitamin C may already be oxidized by the time you apply it to your skin. Second, only highly concentrated preparations (10% or more) deliver enough vitamin C to the cells to be topically effective. Even when using an optimal formulation, not everyone will respond to vitamin C treatments. About 50% of people show noticeable benefits.

5. Apply protective products.

We all need a combination of moisturizer and antioxidants such as vitamin C and green tea extracts to repair skin and protect it from pollutants and ultraviolet rays.

Today, there are treatment and protective products that contain natural skin care ingredients which actually penetrate the skin and trigger real changes in its surface. Such treatment products do not only prevent the occurrence of wrinkles and age lines but also stimulate the activation of the natural skin renewal process.

Indeed, there are no nippy solutions when it comes to wrinkles and age lines. Though, with the proper protective products, the right beauty regimen, and the right natural skin care products, you'll never have to worry about sunny days and the skin problems that come with them.

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