

Acne Skin Care Products: Is There a Cure-All?

Contributed by Webmaster
Monday, 09 March 2009
Last Updated Monday, 09 March 2009

By Trevor Mulholland

Various acne skin care products are available commercially. If a person with pimples is wary of manufactured products, then he or she can opt for a home-made solution or a treatment made from natural ingredients. However, there is no single cure for all types of acne.

Some acne skin care products might prove effective on one person, but might not have any effect on another, or might even cause the condition to worsen. This is because there is no such thing as a universal skin; hence, there is no universal zit solution. To avoid possible negative reactions to a particular cure, it is important to know the type of medication that will work on a particular type of skin.

1) Oily-skin types. For people who have oily skin, the most common recommended solution are those that contain alpha hydroxy acid or AHA. This compound contains carboxylic acid and is often found on cosmetics recommended to people with oily skin. When it comes to facial wash, water-based formulas should be preferred over oil-based ones. Astringent can also help keep oil at bay and prevent acne from breaking out.

2) Sensitive skin-type. The key word for this type: Mild. Mild facial cleansers or mild soap, mild pimple formulas and mild cosmetics. If they can do without the cosmetics, the better. Products with natural ingredients or herbal formulas can also be used for sensitive skin. Another important thing: visit a dermatologist. Sensitive skin is difficult to care for and it is always best to ask the opinion of experts.

3) Dry skin-type. Mild formulas are also recommended to patients with dry skin. However, moisturizers should be used to hydrate the skin and improve its texture. Alcohol-based products and astringent are a no-no for this type.

4) Male pimples. The male skin is different from that of a female. Men's habits are also different, so the solution for their zit problems should also be different. For one, men do not use cosmetics, so at least that's one concern less. However, they do shave and razors and aftershave colognes might aggravate an already existing skin condition. For men, acne formulas with salicylic acid are often suggested. These cures work by ridding the pores of dead cells and preventing it from getting blocked. However, it is still advisable to visit a dermatologist and talk about allergies and other medical histories that should be taken into consideration.

5) Pregnant women with zits. This entails careful assessment. A pregnant woman should never use an over-the-counter solution without consulting a doctor first. Most of the time, doctors will recommend natural products or herbal cures. If the pimples cannot be remedied by natural or herbal medications, then the patient need to wait until the baby is born. Taking just any medication while pregnant is just too risky.

Acne skin care products vary in their ingredients, formulations and forms. There is no single formula for all types of skin. To identify the best one for you, have your skin assessed by a dermatologist first.

Acneteam.com provides you with information on a wide range of acne related issues, such as acne skin care products and much more. Wanna find out? Go to <http://www.acneteam.com> now!