

Acne skin care

Acne is defined as a diseased condition of the skin that involves the hair and oil glands. It is characterised by pimples, black/white heads, reddishness and cysts. Face acne can spoil your appearance to a great extent and body acne can really ruin your day by making you very uncomfortable. Considering acne as a minor problem, some people tend to totally discard the topic of 'Acne skin care'. However, the importance of 'Acne skin care' cannot be undermined in any way.

Acne skin care should really start much before the acne actually appears. 'Acne skin care' is more about being proactive than reactive. Acne skin care is about being aware of preventive measures. Acne skin care is - following daily skin care routines with complete discipline. So let's have a look at how 'acne skin care' can be applied to our daily routine.

'Acne skin care' starts with the most basic thing - cleanliness. So morning showers are the most basic way of keeping the skin clean. In fact, a lot of people take night showers too (that not only helps in keeping your skin clean but also provides relaxation to your body and enables a good sleep). If you are living in a hot and/or humid place, a night shower becomes a must. In fact, a shower is recommended after any activity that causes high levels of sweat to develop. It's a very effective 'acne skin care' technique.

However, acne skin care is not about just showers. Acne skin care is also about wearing clean clothes and sleeping on clean pillows. Moreover, too tight clothes can cause sweat to accumulate quickly; so soft and comfortable cotton clothes are recommended, especially if you already have acne. In the same sense, 'acne skin care' also advocates regular cleaning of your make-up brush and any equipment that you use on your body.

Besides that, you should also use a mild, water-soluble, oil-free and soap-free cleanser for keeping your face, neck and arms clean. Cleansing is the most important part of any acne skin care routine. Cleaners are the easiest and the most effective way of removing dirt, grease, pollutants and excess oil from your skin; thus reducing the probability of acne occurrence. Acne skin care also recommends removing your make up using a make up remover, and this should happen before you go to bed (not in the morning).

If you already have acne, do not try to touch them or squeeze them; it can lead to permanent scars. 'Acne skin care' advocates gentle cleansing and cleaning of the affected area using an over-the-counter medication and a clean/soft cotton pad. There are various acne skin care creams and lotions available over-the-

counter (a lot of these acne skin care products are actually cleansers). However, if these 'acne skin care' measures don't give you the desired results, contact a dermatologist for 'acne skin care' advice and treatment.