

Skin care treatment for the most common skin conditions

A glowing and healthy skin is an asset. Skin is not all about beauty but also health. So, skin care treatment should be treated with all seriousness. If you develop a skin related dilemma, you need an appropriate skin care treatment. Skin care treatment, for any skin disorder, starts with actions that are aimed at prevention of the disorder (what we can also call as proactive or preventive skin care treatment). Building and following basic skin care procedures is what one could classify as preventive/proactive skin care treatment. Skin disorders can occur even if you have followed this preventive skin care treatment. Preventive skin care treatment just reduces the probability of occurrence. Let's check the skin care treatment for some of the common skin conditions.

Acne is one of the most common problems. Again, the first type of skin care treatment is to control acne and prevent it from getting worse. So avoid tight clothes; they are known to cause body acne by trapping sweat. Do not touch the blemishes over and over again (rather don't touch them at all), you might end up aggravating the condition. Also, do not try to scrub too hard or squeeze them. Use of mild cleansers is a recommended skin care treatment for acne. Obtain an over-the-counter skin care treatment for faster treatment of acne.

Skin care treatment of dry skin is generally easy. Moisturisers, applied in the right way and in the right quantity, are the best form of skin care treatment for dry skin. For best results, apply moisturiser while your skin is still damp. Also, do not apply too much or too little moisturiser. In exceptional cases, where you don't notice any improvements in 3-4 weeks, you might have to visit your dermatologist for skin care treatment of your dry skin.

Brown spots, which appear on sun-exposed areas of skin i.e. face and hands, are caused by over-exposure to UV radiations. As a skin care treatment for brown spots, use a sunscreen lotion which has a high SPF (sun protection factor), say 15. This should be used irrespective of weather - sunny/cloudy. Another form of skin care treatment is covering up the exposed areas with clothing (caps, full sleeved shirts/t-shirts, and umbrella).

Also, if the general skin care treatment or the over-the-counter medication is not working for you, you should immediately consult your dermatologist for professional skin care treatment. You should also inform the doctor about the skin care treatment that you have undertaken till that time. So take the details of the till-date skin care treatment (and products) along with you. Based on the skin condition and the details of your till-date skin care treatment, the dermatologist will prescribe a skin care treatment e.g. oral antibiotics, chemical peels, retinoid etc and you will be on your way to recovery.

