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## Skin care tools for acne

Skin care is important, but proper care depends on your skin type. The following slideshow contains skincare tips for teenage girls so your skin can be as clear and bright as you are! The first step in skin care is to identify your skin type. Is your skin normal, oily, dry or combination? The following slides review each type. If you have normal skin, your skin has a smooth and smooth skin tone, with a soft texture and almost invisible pores. Normal skin has no visible redness, spots or dry, scaly patches. The skin is neither oily nor dry. For normal skin, wash your face once or twice daily with mild soap or plain soap and water to gently remove dirt or sweat. If your skin is dry, it would be rough, scaly, dull, and sometimes itchy. The pores will be almost invisible. For dry skin, wash your face daily with a mild soap, and follow with a perfume-free, alcohol-free moisturizer. Avoid taking hot showers, which can deprive moisture from the skin. Dry skin is also common during the winter months, when humidity is low and homes are heated with dry heat. A hot bath can help in these cases, followed by using a moisturizing cream or lotion to lock in moisture. If you have a shiny complexion, prominent pores, frequent blackheads and pimples you have oily skin. Hormones affect oil production in the skin, and stress can also trigger acne outbreaks. For oily skin, wash your face once or twice daily with plain soap and water. If you need to clean your skin in-between wash, use a cleansing pad that helps dissolve oil and removes excess dirt from the skin. If you have acne pimples, do not pop or squeeze them as this can make acne worse. Use non-comedogen cosmetics that do not clog pores. Combined skin can be a mixture of oily and dry. Your T-Zone (forehead, nose and chin) may be oily while the rest of your face is dry. Pores are usually large, and blackheads are common. The skin can be very dry or very oily, and the skin on the cheeks may appear rough. Dryness can be worse in the cold weather. For combined skin, cleanse your face two or three times daily with plain soap and water to remove excess oil. Use moisturizers on the dry areas, avoiding oily stains. The following are four steps to keep your skin healthy and clean. Daily cleansing is important to remove dirt, oil, dead skin flakes, and cosmetics. For oily or combined skin, look for cleansers that contain salicylic acid, which can peel the top layers of skin. If your skin is dry, cleanses containing glycolic acid can help rid the skin of dead skin cells. To remove eye makeup including waterproof mascara, use eye makeup remover that is specially created for use around the delicate eye area. Moisturizing the skin is adding water, while moisturizing the skin is adding water, oil, or both. All skin types can benefit from moisturiser after cleaning, but it is important to use one that suits your Never use heavy cream on oily skin – choose one that is hydrates. If you have acne you want to treat it. Acne occurs when oil glands produce too much oil, and dirt, bacteria, and dirt clog your pores. Some moisturizers and cosmetics can contribute to this problem. Cleansing your face can help remove dirt and bacteria overconsizing oil, but it won't change oil production. Products containing benzoyl peroxide can help treat mild acne. Use sparingly once a day in greasy areas. Benzoyl peroxide can cause over drying of the skin and it can take up to a month for the products to work as intended. It is important to protect your skin from the sun and other harmful environmental factors on a daily basis. Use a sunscreen or a moisturizer with an SPF (sun protection factor) of 15 30 or higher. Use sunscreen daily and avoid the sun's rush hour from 10a.m. to 4 p.m. to reduce the risk of premature skin aging and skin cancer. Moisturizing is important for healthy looking skin. Moisturizer helps to increase the water content of the skin's top layer, so the skin stays soft and smooth. Choose moisturizer with an SPF of 30 or higher, and if you have sensitive skin use one that is fragrance-free. If you are unsure how to take care of your skin, or you experience acne or other skin problems, talk to your family doctor or a dermatologist (a doctor who specializes in skin care). Take care of your skin to keep it looking healthy as you get older. Sources: PHOTOS SUPPLIED BY: BigStock iStockPhoto BigStock iStockPhoto BigStock iStockPhoto iStockPhoto iStockPhoto bigstock iStockPhoto REFERENCES: American Academy of Dermatology (AAD): Acne: Diagnosis, treatment and outcome. National Skin Care Institute: Skin Care: General guidelines are shared by dermatologists to keep your skin healthy and beautiful. National Skin Care Institute: Skin types. A good acne skin care routine is important when you are prone to breakouts. Your daily skin care regimen can help remove excess oil, keep pores clear, and help speed healing of existing spots. With so many products available, and with so much conflicting information out there, creating a skin care routine for acne can seem confusing. But your daily skincare routine for acne doesn't have to be complex to be effective. In fact, you only need a few minutes twice a day – and often you have everything (or almost) everything you already need. What you don't have, you can buy at the pharmacy: There is no need to invest in expensive products. Verywell/Brianna Gilmartin Here's a quick snapshot of things you should and shouldn't do when you put together a skincare routine for managing acne. The step-by-step instructions that follow provide more details. Use only your fingertips or a soft washcloth, thoroughly clean your face, including your jawline, neck, and front and rear ears. There is no need to use rough pads or scrub aggressively; this will not get your skin any Make sure you're using the right for your skin. An over-the-counter acne treatment wash is a good choice if you have mild outbreaks. Choose one that contains either salicylic acid or benzoyl peroxide. If you are currently using prescription acne medications, use a gentle, non-medicated soap instead. Up-centered Dove, Cetaphil or the old school amber Neutrogena bar are all good choices. If you wear face makeup, or if your skin gets extra dirty or sweaty during the day (as if you're playing on a sports team or after you work out) do a double wash at night: clean, rinse well, and repeat. This ensures that you clean away all traces of makeup, sweat and dirt every night. Do not use harsh bar soaps, antibacterial hand washes, and the like on your face. Harsh soaps won't clear your acne, but they will irritate your skin. Depending on the ingredients they contain, astringent or toners can help remove excess oil, tone, and moisture, or help fight blackheads and stains. Apply toner to a cotton wool or pillow and gently smooth over the face and neck to help remove any residual makeup, soap residue, and oil. Astringent is designed to remove excess oil from the skin, so of course, they are best for oily skin types. If your skin tends to be dry, either naturally or because you use drying acne treatments, a moisturizing toner is a better choice for you. Also pay attention to the alcohol content of the product, because alcohol can be drying and irritating, especially for sensitive skin types. Alcohol-free products are the best choices if your skin is dry, or irritated by acne treatments. Be aware that even if your skin is not incredibly dry or sensitive, alcohol-based toners can poke open pimples. Regardless, if toners or astringent seem to over-dry or irritate your skin, simply don't use them. Ditto if you are using prescription acne medications that are super drying (like isotretinoin or topical retinoids). You will not harm your skin by not using a toner. After your toner has dried completely, or after you have washed and thoroughly dried your face, smooth on your acne treatment creams as directed. This could be a medication prescribed by your doctor, or an over-the-counter acne gel or cream. Allow the medicine to absorb or dry completely before proceeding to the next step. Need help choosing an acne treatment medication? Give your dermatologist or family doctor a call. It may seem counter-intuitive to moisturize already oily skin, but don't skip this important step. Acne medications can dry out the skin, leaving it thirsty for moisture. To reduce dry and peeling skin, apply a light moisturizer twice daily. Your moisturizer doesn't have to leave you feeling smooth and oily. There are many moisturizers for oily skin types available today that absorb fully and will not exacerbate acne. Moisturizing gels and lotions are generally lighter than creams. Either way, select labeled oil-free and noncomedogenic. You may need to try a few different tags to find one that you want This step you don't need for your pre-bed skincare ritual, but it's a must tomorrow. In addition, many acne treatment medications and exfoliating ingredients make your skin more susceptible to sun damage (called photosensitivity). You don't necessarily need an extra sunscreen product, though. Many moisturizers contain SPF, giving you sun protection while you moisturise. If your moisturizer does not contain SPF then you should consider a separate sunscreen product. Look for one that is designed for the face, rather than an all-over sunscreen product. Facial sunscreen tends to be less oily and does not have that sunscreen aroma. You really don't need the most expensive products on the market to get good results from your skincare routine. The most important step in your skin care routine is consistency. The more consistent you are with your regimen, the better results you will get. Conversely, if you only apply your acne treatments once in a while, and rarely wash your face before bed, you are never going to get ahead of the outbreak. While skipping a day here and not going to irreparably damage your skin, you will definitely want to stay as regular with your daily skin care regimen as possible. Make a commitment to take care of your skin. If you need help getting acne outbreaks under control, or you just need some guidelines to choose the best skin care products for you, don't hesitate to give your dermatologist a call. Extras like masks and peels are not cure-alls, but they can be used to pamper the skin or give it an extra boost. Increase.

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