

Title:

Tips to treat acne

Word Count:

543

Summary:

Acne is a broad term, which includes blemishes, blackheads, and whiteheads. Acne can strike at

Keywords:

beauty

Article Body:

Acne is a broad term, which includes blemishes, blackheads, and whiteheads. Acne can strike at

Although acne is not life threatening it can be uncomfortable and hard on your ego. There has

So is there a cure for acne. Well yes and no. There are many products available and for some t

Most acne treatments will take time to work. It usually takes around 8 weeks before you see an

If you have serious acne, it is best to consult a dermatologist. However, in milder cases you

Exercise

Regular exercise helps keep your whole body in shape. It builds your immune system and helps e

Diet

You need to eat at least 5 servings of fresh fruit and vegetables each day. Fresh fruit and ve

Cosmetics

Choose cosmetics that are water based and hypo-allergenic. Avoid oil free products, coal tar d

Hormones

Hormones can play a role in acne flare ups and they can be used to reduce outbreaks. Your doct

Clean Skin

You need to avoid harsh scrubbing of your face but you also need to thoroughly clean your skin

Shaving

Is actually a great exfoliating treatment the removes dead skin. However, you should never sha

Stress

Can be a contributing factor to acne so try to relax and unwind. Emotions trigger chemical rea

You can help control your acne outbreaks by following these simple steps. What are you waiting

Did you find this article useful? For more useful tips, hints, points to ponder and keep in m  
do please browse for more information at our websites.

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>