

# How to Get Acne-Free Skin and End the Breakouts

*A Complete Guide to Curing Acne*

**By Arina Nikitina**

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if you've found it useful!

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## Know Your Enemy

I had really bad acne when I was a teenager but I kept telling myself "It's perfectly normal. As soon as I turn 24 they will disappear!"

Imagine my disappointment when my acne were still there at 24, 25 and 26. That's where I decided, that I had enough. I was tired of using bunch of stuff that did nothing except dried my skin out. I spent a lot of time researching about acne and realized - everything I did was wrong! That's why I really hope you'll read this tutorial, learn how to get flawless skin and save yourself time and money. First of all to conquer your enemy (and acne is your enemy) you have to learn as much as possible about him.

There two main groups of acne, noninflammatory and inflammatory:

### **Noninflammatory Acne:**

1. Whiteheads (clogged pores)
2. Blackheads (open pores)

When the blackhead or whitehead gets infected it leads to:

### **Inflammatory Acne**

1. **Papule** (also known as pimple) the mildest form of inflammatory. It looks like a small lump on the skin and is almost invisible unless you look really close.
2. **Pustule** is just like papules round and small, but more visible.
3. **Nodule** (also known as cysts). This is the most serious form of acne. It forms when infection spreads into surrounding tissue. To halt the spread of infection your body forms a cyst. It's also bigger than papule and pustule and may cause scarring if left untreated.

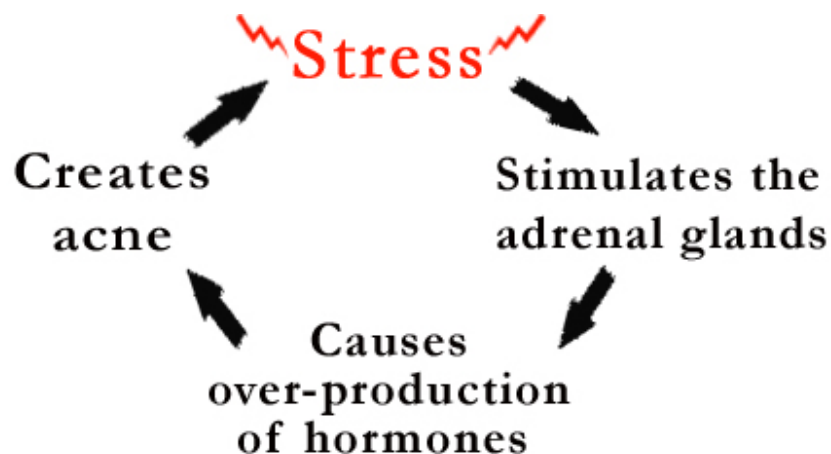
Most people with acne experience a combination of at least three. They could appear not only on your face, but on your neck, chest, shoulders and also your back.

## So Why Do We Get Acne?

Amazingly enough for most adults, the underlying factors responsible for the acne are the same as teenage acne. Male hormones called androgens, over-secretion of the sebaceous glands, clogged pores and bacteria are all leading causes of acne.

While you're a teenager your **hormones** tend to be most active and rapidly changing. Women also experience hormone changes associated with premenstrual period, and sometimes, pregnancy.

For men one of the biggest reasons causing acne can be **stress**. This is how it works:



The importance of **diet** as a main factor in causing acne has been overemphasized. There are no scientifically proved facts of that theory. However, consuming chocolate, cola, nuts, milk, and greasy, fried, and spicy foods can worsen already existing acne.

Try this: if any of the above listed foods appear to make your acne worse eliminate it from the diet for a while and then try again later. If the

acne recurs, you should permanently exclude it from the diet. Sorry! I know how you feel. I love chocolate and French fries too. ☹

**Poor hygiene** is often blamed for causing acne which is only partly true. Neat and clean teenagers and adults suffer from acne just as much as those who are sloppy.

Nevertheless, frequent cleansing is extremely helpful in removing skin oils - a vital part of acne therapy. Your first initiative will probably be to go and scrub your skin with every cleansing solution. Don't do that! Excessive scrubbing just irritates the skin leading to more dead skin cells which leads to more clogged pores.

In fact, straps, helmets, hats, hair, and hands can irritate the skin very easily as well. Pay attention to where you put your hands when bored in class or while listening to your boss (e.g. don't rest your head in your hands).

**And please DON'T try to squeeze your acne.** All you'll do just spread infection and most likely leave a scar. And if you can't help but picking on your acne or touching your face while you're talking or listening to someone try this. Hold something in your hands the whole time. For example you can draw something on a piece of paper, while talking on the phone. Maybe you're the next Picasso, who knows? ☺

## How to Treat Acne

OK. Now when you've learned, what causes acne the next logical step would be to find out how to treat acne you already have.

There so many products on the market and every single one of them promises to make your acne disappear. How many of them promise you acne-free face in just two days? You go and buy that "magical" solution and you use it following instructions exactly. Two days later your face is some acne - free, but your look like you just got back from Sahara dessert. Your skin is really dry and peeling like crazy. Not good! There are certain ingredients you should avoid when buying acne treatment solution.

Here we list a few ingredients which may cause skin damage with prolonged use, or are simply redundant.

**Cetyl Alcohol** should be avoided at all costs. It's highly comedogenic. It dries your skin, which leads to re-bound effect and your skin starts to produce more oil. This leads to more clogged pores and more acne.

**Imidazolidinyl Urea** and **Diazolidinyl Urea** are used as preservatives to prevent bacterial growth, but can cause skin damage if used for a long time.

**Sodium Lauryl Sulfate** is a very common detergent in shampoos and cleaners. It's relatively safe unless used for prolonged period of time. I was surprised to find out that sodium lauryl sulfate is often used in laboratories as skin irritant in the experiments where skin protectors are tested. Try to avoid that ingredient in your cleansers. I don't think you want to experiment on your skin and see if it will get dry and irritated.

**Mineral oil** is still used as inexpensive base in some products even though it clogged pores and can interfere with normal perspiration and other skin functions.

**Ethanolamines** (Monoethanolamine aka MEA, Diethanolamine aka DEA, Triethanolamine aka TEA): common pH stabilizers. When they are exposed to oxygen, nitrosamines are formed (which may be irritating and/or toxic for your skin). And although the amount of nitrosamines formed during typical use of skin care products with ethanolamines is unclear I would not use it on my skin.

You'll be surprised how many skin care products contain above listed ingredients. I literally had to throw away half of the stuff I had. And if it's too hard for you to part with products you already paid for, look at the bright side. You are not only uncluttering your shelves and drawers, you are forming space for better, healthier products.



## How to Choose the Treatment Right for YOU

If you need help choosing the acne treatment products here are top products that got best reviews, have natural ingredients and helped a lot of people to get rid of acne.

To see the solution that would be the most effective **for you**, please choose what describes you best:

[I have the oily skin that has often breakouts](#)

[I have mild or moderate case of acne](#)

[I want the most effective 100% natural solution for severe acne and price is not the obstacle.](#)

[My acne most likely is caused by stress](#)

[I'm looking for a nutritional supplement and have acne scars \(not for severe acne\)](#)

## **If you have the oily skin that has often breakouts**

**Your solution:** Actimine produced by Progressive Health. (Tablets)

**How it works:** Actimine is able to **balance natural body functions** that are responsible for causing acne. This will reduce the amount of breakouts to help your skin look as clear as possible. Actimine is most effective as a nutritional program for people with oily skin that have often break-outs. 100% Natural.

**When the results will be seen?** After 6-12 weeks of use, you will begin to notice less oil present in the skin.

**Side effects:** none

**Reviews:** From [www.acne.org](http://www.acne.org)  
From [www.usmedicalresearch.org](http://www.usmedicalresearch.org)

**Price:** \$30 dollars for one month supply.

**Money Back Guarantee:** Take 180 days to try the product and if it does not exceed your expectations you'll always get your money back.

**Where to get it?** [www.progressivehealth.com](http://www.progressivehealth.com)

## **If you have mild or moderate case of acne**

**Your solution:** *Kiss my Face* Pore Shrink Deep Cleansing Mask and Botanical Acne Gel

**How it works:** Acne treatment consists of BOTANICAL ACNE GEL and Pore Shrink Deep Cleansing Mask. You can probably get better results using them together. While Acne Gel diminishes and control skin breakouts, redness, and inflammation, Pore Shrink Deep Cleansing Mask (you guessed it!) minimizes pores. It also controls production of oils that clog your pores and increases blood circulation.

**When the results will be seen?** Within 2-3 weeks.

**Side effects:** None

**Notes:** Warning for men! Design of this product is oriented for young teenage girls (bright colors, cute package). But don't be skeptical, it won't make you less "manly" if you'll use it, but it can really improve your skin (just try not to put Cleansing Mask on, while expecting friends to come over ☺)

**Reviews:** From [www.epinions.com](http://www.epinions.com) for gel  
From [www.epinions.com](http://www.epinions.com) for mask  
From [www.amazon.com](http://www.amazon.com) for gel

**Price:** \$16 for the gel and \$12 for the mask

**Money Back Guarantee:** 30 Days Money Back Guarantee

**Where to buy it?** [Gel](#)  
[Mask](#)

**If you want the most effective 100% natural solution for severe acne and price is not the obstacle.**

**Your solution:** ZENMED™ Derma Cleanse System.

**How it works:** Derma Cleanse is one of the most effective herbal acne systems currently on the market. The system includes Derma Cleanse Capsules, Acne Gel, and Facial Cleansing Gel. With its unique formula it is able to help severe cases of acne. It's 100% natural and it doesn't have any side effects. It treat you acne inside - out, going directly to the source of the problem. Best stuff I found on the market so far.

**When the results will be seen?** In a coupe of weeks

**Side effects:** none

**Reviews:** From [www.acne.org](http://www.acne.org)

**Price:** Well, it's quite expensive. About \$100 for the whole system. Although you can buy the products separately for \$20-\$25 each, they always suggest using the whole system for better and faster results.

**Money Back Guarantee:** 60 day no hassle guarantee

**Where to buy it?** [www.zenmed.com](http://www.zenmed.com)

## **If your acne most likely is caused by stress**

**Your solution:** Derma Pure System.

**How it works:** Includes Advanced Acne Treatment Formula, Mild Cleansing Gel, Complete Acne Control Manual, and Purifying Bar. Works on both levels. First, it attacks acne from within purifying the blood, flushing away biological waste, cleansing the liver and relaxing nervous system. (It's a perfect solution for adults, who work under stressful conditions). Second, it goes to work on the skins surface by helping to remove impurities, dead skin cells, and excess sebum. As a result you'll get a clear complexion and the ability to prevent future outbreaks.

**When the results will be seen?** In a couple of weeks

**Side effects:** None

**Reviews:** From [www.dermapure.com](http://www.dermapure.com)  
From [www.acne-treatment-reviews.com](http://www.acne-treatment-reviews.com)

**Price:** The cost for the complete system is \$70.

**Money Back Guarantee:** Backed by a full 30-day money back guarantee.

**Where to buy it?** [www.dermapure.com](http://www.dermapure.com)

## **If you're looking for a nutritional supplement and have acne scars (not for severe acne)**

**Your solution:** Flavay™ Nutritional Supplement

**How it works:** It is more than a single nutrient. It is a very specific and patented complex defined and perfected by Dr. Jack Masquelier in France. It improves the health and appearance of the skin from the inside out: rebuilding collagen, improving circulation and health in skin cells, and reducing inflammation. It also aids in the removal of damaged tissue caused by acne. (which is a great thing for people, who already have acne scars). And even that's not all. Flavay does so much more from boosting immune system to improving memory.

**When the results will be seen?** In 4-6 of weeks

**Side effects:** None

**Reviews:** From [www.naturalesentials.com](http://www.naturalesentials.com)

**Price:** Starting from \$45 per bottle

**Where to buy it?** [www.healthysource.net](http://www.healthysource.net)

## Bonus Articles:

[An Acne Fetish Is No Laughing Matter](#)

[Treating Acne with Tea Tree Oil](#)

[Rejuvenate Your Skin with a Simple Seaweed Facial Mask](#)

## **An Acne Fetish Is No Laughing Matter**

*By Naweko San-Joyz*

While it may be easy to scoff off an acne fetish with remarks like, I don't have that problem; this condition is more common than properly acknowledged. A fetish is an object of unreasonably obsessive attention or regard. Thus, extreme attention given to zits and pimples characterize an acne fetish.

Two clinical forms of an acne fetish include excoriated acne and imagined acne.

Excoriated acne occurs when an acne patient continues to pick at or squeeze acne formations on their face, never allowing the skin to heal. This constant picking aggravates the acne condition and often times leaves severe scarring. Imagined acne happens when a patient is convinced she has acne but in reality does not. This person may have one small pimple and blow the existence of the pimple out of proportion and view it as a severe case of acne.

Underlying both of these acne fetishes is the fear of being ugly, or dysmorphophobia. It's an easy psychological state to acquire in a society that increasingly places more value on superficial looks than personal traits.

Steps to combating an acne fetish include: spending less time self-critiquing in front of the mirror and embellishing your talents.

Even a hiatus from mirror visits may help an acne fetish. If you do look in the mirror, focus on elements of your face besides the zits. For instance, look at the color of your eyes or the size of your lips, without criticizing of course. You may have lovely eyelashes or the perfect eyebrows. Whenever you look in the mirror stop making negative judgments about yourself. If you do find yourself ridiculing yourself and wanting to burst a zit in a rushed desire for clear skin, just remind yourself that every zit that you prematurely pop may encourage the formation of 3 completely new zits.

Focus on your greatest assets as a person, or cultivate new skills. You may be an awesome guitar player or fabulous singer, give yourself recognition for your



strengths. Do something that you've always wanted to do, but did not do because you felt having acne precludes you from this activity.

In the final analysis, healing an acne fetish starts with recognizing that this condition has serious medical repercussions. An acne fetish can debilitate one's self-esteem while encouraging needless facial scarring. If you think you have an acne fetish, you can get help from a qualified dermatologist, psychologists or just talk it over with some really cool and understanding friends.

*About the author:*

<http://www.noixia.com> Naweko San-Joyz is a graduate of Stanford University. She recently published *Acne Messages: Crack the code of your zits and say goodbye to acne*. To challenge and verify her research, San-Joyz trains for figure competitions.

*She currently writes health articles from her home in San Diego.*

## Treating Acne with Tea Tree Oil

*By Greg Podsakoff*

Tea Tree Oil is one of the most popular herbal extracts used to treat and eliminate acne, and for good reason... it has helped thousands of acne sufferers.

Tea tree oil is extracted and concentrated by steaming the leaves of a melaleuca tree and then collecting the oil the leaves give off into a concentrate.

Out of over 100 species, the *Melaleuca alternifolia* the one prized for its oil. This tea tree plant is native to Australia. It has been used for centuries by the Aborigines of Australia to fight infections, gum disease, viral and fungi infections, as well as bacteria.

Tea tree oil has seen a large revival over the past 20 years, in part because it is more effective in killing certain bacteria than popular antibiotics (including penicillin). Studies have been done with Staph bacterial infections on the skin, and found that tea tree oil was more effective in killing the infection than methicillin and vancomycin.

One study in particular was conducted to compare the acne bacteria fighting properties of tree oil in comparison with benzoyl peroxide cream. The tea tree oil was comparable in effectiveness to the benzoyl peroxide, but without the side effects of dry skin and redness\*.

All it takes is a drop of *Melaleuca Alternifolia* tea tree oil 2-3 times a day on the acne inflammation, and it will start working to kill the bacteria.

So, for those of you who like what benzoyl peroxide does to acne but don't like the side effects, tea tree oil may be the right alternative for you\*.

This article has been provided by the editor of <http://www.acne-treatments->

guide.com

*About the author:*

*Greg Podsakoff is a former acne sufferer, and the editor of acne-treatments-guide.com. Acne Treatments Guide is dedicated to helping people find acne treatments that work. Learn more about acne at <http://www.acne-treatments-guide.com>*

\*Tea tree oil has not been evaluated by the FDA to treat, cure, or prevent any disease or disorder. This article is for informational purposes only. Consultation with a doctor is recommended before using tea tree oil to treat any disease or disorder.

## Rejuvenate Your Skin with a Simple Seaweed Facial Mask

*By Danielle Sims*

A few years ago I discovered how to make a simple facial mask that left my face feeling incredibly soft, smooth and looking absolutely radiant. This mask contains kelp, honey, and aloe vera.

Seaweeds have been traditionally used to detoxify the body both internally and externally. They are rich in nutrients which help to both tone and nourish the skin. Seaweed contain mineral salts that can help the skin to hold it's moisture better, which helps to smooth fine lines.

Adding honey to your mask adds additional moisture to the skin. Honey is a natural humectant that is rich in vitamins, minerals, enzymes and sugar. The sugar and enzymes in honey is a gentle exfoliate for the skin. When possible use raw honey to ensure that you get the maximum quality and benefit of this wonderful golden treat.

Aloe Vera has been known for its amazing healing properties for centuries. It has been used to help heal burns, eczema, sores, acne, insect bites, and more. It's an antiseptic, highly lubricant, and penetrates deep into the skin.

To benefit from these ingredients, create this simple mask:

1 TBSP Kelp powder  
½ TBSP honey (raw honey is best)  
½ TBSP Aloe vera gel (99.9% pure)

Mix all ingredients in a bowl and apply to a clean face. Leave the mask on for 15 minutes and rinse with lukewarm water.

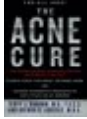
To enjoy glowing, healthy looking skin, use this mask 2 times a week.

I promise you will enjoy this mask and make it a regular part of your beauty program.

*About the author:*

*Danielle Sims explored her library of alternative health, herbal books, and aromatherapy books and created a blueprint for making her own body wrap formulas at home. For more information visit Danielle's website <http://www.wrapyourselfslim.com>*

## Further reading



### [The Acne Cure](#)

*The Acne Cure* describes a revolutionary, proven treatment program that, in no more than 6 weeks, eliminates acne in 95 percent of all cases--even the most severe ones.

[www.amazon.com](http://www.amazon.com)



### [Clear Skin](#)

Like the other 17 million Americans suffering from persistent acne, Dan Kern fought a losing battle with his skin for years. And, like many, he suffered from self-consciousness and depression, trying everything, including prescription acne medication. Then, after much trial and error, he developed a simple step-by-step regimen, using over-the-counter products that worked for him-quickly and dramatically.

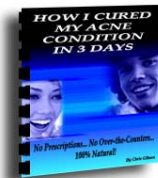
[www.amazon.com](http://www.amazon.com)



### [Breaking Out : A Woman's Guide to Coping with Acne at Any Age](#)

*Breaking Out* is an invaluable guide to understanding and combating acne that women of all ages can turn to with confidence.

[www.amazon.com](http://www.amazon.com)



### ["How I Cured My Acne Condition in 3 Days"](#)

The story of Chris Gibson who found the all-natural acne cure and how it helped him to control his acne.

[www.acnefreein3days.com](http://www.acnefreein3days.com)