



## Best Acne Products

What makes acne products effective? They need to:

1. Penetrate the inside of the pore - stopping acne where it starts.
2. Help to keep the pore clear of dead skin cells.
3. Kill bacteria inside the pore.
4. Be noncomedogenic (non pore-clogging) so as to not make your acne worse.

At Face Reality Acne Clinic, we have found that acne products that include mandelic acid, vitamin a propionate or benzoyl peroxide are the best acne products. But, it's not enough to find and use products with these ingredients. You must also be sure that products with these ingredients are formulated properly so they penetrate the pore.

And, it is essential to know what ingredient is good for what type of acne you have; and *how to use the products correctly*. Even the best skin care products won't clear your skin if they are not used in the right way. This is where we are different from other acne systems - we believe in coaching you in the right way to use products. We want you to succeed in getting and keeping clear skin!

By the time our clients come to see us, most of them have tried myriads of products. The acne products range from prescription products like retinoids, antibiotics and accutane to the over-the-counter acne remedies. While many of these products have some of what it takes to get your skin clear, why do usually fail so miserably in getting it done?

For one, some of them actually have pore-clogging ingredients in them like the cream form of Retin-A, a product that should never be given to an acne patient. Secondly, it usually takes a combination of the right products to affect acne. Just a retinoid by itself or a serum with salicylic in it is never quite enough for most people. And, different ingredients in acne products are used for different kinds of acne. While some companies are attempting to customize regimens to account for this, most of the time the products are just not strong enough to get the job done. Nor do the companies take adaptation of the skin into account.

Have you ever had the experience of products that work for awhile and then seem to stop working? That's adaptation of the skin - quite simply, the skin gets used to the product and stops responding. We believe it is important to change the frequency of use of products to affect a change in the skin. Sometimes it takes adding another ingredient into

your regimen to keep pushing it to clear. We have years of experience in knowing what the next step is for your skin to clear.

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