



Blemishes and Pimples

All acne starts forming in the same way. It starts with a “microcomedone” deep in the dermal (the lower) layers of the skin. As this microcomedone makes its way up through the layers of the skin, one of two things can happen. Either this new lesion can become a non-inflamed acne lesion like a blackhead or whitehead; or it can become an inflamed lesion, better known as a pimple. There is very little known about why a lesion becomes noninflamed or inflamed - the best guess is that you inherit the tendency towards inflammation or not.

To get rid of pimples, not only do you need to have the right products, you need to use them in the right way. It takes an experienced Acne Specialist to guide you - they will know which products to recommend for your type of acne. Then they will guide you in how to use the products in a systematic way to get your skin clear as fast as possible.

The term “blemish” has a wide range of meanings. Generally, it is any mark that is left over from acne rather than the acne itself. Skin blemishes need to be treated the same way acneic skin is treated. The main concern for blemish control is the same for acne - to keep any new acne from forming in the first place. If you have your acne under control, you can say bye bye blemishes as well.

Blemishes and pimples need to be treated with a multi-faceted approach. Just getting a set of products and using them will not usually get the job done. Even prescription products will usually disappoint the many who have tried them. I imagine if you had found the answer there, you wouldn't be reading this article.

As I mentioned before, it takes using the products correctly to achieve clear skin. This means adjusting your homecare routine in order to not let the skin get used to the products. We call this adaptation and we want to keep ahead of your skin's ability to adapt. This adjustment doesn't necessarily mean a new product (although sometimes it does), mostly what it means is that you will change the frequency of product use.

We also guide you with lifestyle issues that can affect pimples and blemishes. We want you to know:

1. What foods to avoid and why.
2. What makes acne worse.
3. What ingredients to watch out for in makeup, hair, and skin care products.
4. What supplements can help to alleviate acne.

5. Why fabric softeners can affect your skin.

The good news is that pimples are the easiest type of acne to treat. With the right products and armed with the right information, your goal of having clear skin is not just a fantasy. Let us help you achieve it.

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