



Getting Rid Of Blackheads

Getting rid of blackheads can be very frustrating and challenging. To get this type of acne under control, it takes a very thorough and aggressive treatment program. It is most important to use the right products in the right way; and to use the strongest products that your skin can tolerate.

Have you ever started with some acne products and they worked for about three weeks and then you started breaking out with blackheads again? This is because your skin actually got used to the products. At Face Reality, we take this into account when we are guiding you through your process of getting clear.

However, having an aggressive homecare and treatment regimen does not mean the skin should be highly irritated. That's why it is important to allow an Acne Specialist to coach you in exactly how to use the acne products. They are trained to know just how much to push the skin to keep getting clear; and how to pull back when it's too much for your skin. It takes time to get rid of blackheads - let us guide you in the best way to do this.

At Face Reality we use a multi-faceted approach as the best way to get rid of blackheads. We start with getting you on the correct homecare regimen. Strict adherence to the right homecare regimen is a must when dealing with blackheads. The homecare regimen works by preventing any new blackheads from forming, so any lapse in the homecare allows the blackhead to get a start down in the dermal layers of the skin. Once it gets started it can actually take a few weeks to come to the surface. This is why it takes a while to get clear - all the acne will surface in that time frame, so preventing any blackheads from even getting a foothold is the key to getting clear.

Other aspects of our approach is to do corrective peel treatments with extractions. We want to keep gently exfoliating your skin so your homecare can really penetrate down into the pores where it will stop blackheads in their tracks. We will also want to remove the blackheads - they won't go away by themselves, so the fastest way to get clear is to allow us to professionally extract them. You do not want to try to remove your own blackheads. Oftentimes people will break the skin when trying to do so. This results in a scab that leaves a red or dark spots that lasts for months. If you allow an Acne Specialists to extract them, the redness goes away in just a few hours. Let us do that for you!

We will want to adjust your homecare regimen about every two weeks. This does not mean you get new products every two weeks - this means that we might increase the frequency of your product use. We start you off slowly with strong products and then increase the "dosage" incrementally.

We also guide you with lifestyle issues that can affect blackheads. We make sure that you are not using fabric softener, for example, that can leave a waxy coating on your towels and pillowcases. If it gets on your skin, it will clog your pores. The same goes for leave-in hair products. That waxy pomade or hair conditioner can get on your pillowcase as you sleep and end up on your face, which in turn, clogs your pores. We tell you about all the things that can make acne worse. There are many myths out there - let us help you get clear with our tested methods.

155 Callan Avenue
San Leandro, CA 94577
(510) 351-1842
www.facerealityskincare.com

Copyright © 2008 Face Reality Skincare. All Rights Reserved.