

how to clear acne marks

Acne usually appears in puberty but it is increasingly common for this pathology in the adulthood. Usually, the acne heals spontaneously, but depending on your degree, you can leave unsightly scars and marks. To erase the traces of acne, we now have advanced techniques and treatments that can help to soften the marks and to renew skin.

HOW TO ERASE ACNE MARKS?

Chemical Peeling: a chemical peel exfoliates the skin using a chemical abrasion and yields very good results. This consists in the elimination of various layers of the epidermis by the application of a chemical agent, and is a widely used technique to improve the facial appearance. A renovation of the different layers of the skin thus improving its quality, with fewer blemishes, expression lines, wrinkles and better texture.

Although the peeling is indicated in cases of physiological aging or sun and to treat spots and acne, but also can be used as a means to “maintain a healthy skin, smooth, free of impurities and light”. Performing regular maintenance will prevent the occurrence of this type of imperfections.

According to their degree of penetration, the peels can be classified into superficial, medium or deep. The chemical used, the concentration of the same and the time of application will determine the degree and depth of its action.

Pulsed light: pulsed light is an innovative technique that is used to unify the skin tone, erase the marks and irregularities and provide smoothness to the skin. The pulsed light is a light source of high intensity, covering a range of more-or-less strait of colors able to produce different effects on the skin. This type of emission of light act as a “knife smart”, decreasing the pore size and the depth of the wrinkles, the visible signs that has been able to stop the acne on the skin, as well as generating new collagen and leading to an improvement of the cutaneous texture.

Depending on the characteristics of the person will be advisable to perform one or several sessions, separated by an interval of 3 to 4 weeks.

However, there are a number of guidelines required to control the acne and minimize the effect unsightly of its dreaded marks:

1. Take a healthy diet. Try to eliminate foods that trigger acne as well as products derived from cocoa, fried food, derived from pork, etc
2. Avoid using makeup. If there is no more remedy, choose cosmetics, oil-free (non-comedogenic).
3. Not to manipulate the lesions of acne. When you touch the bumps we create new lesions and increase the risk of generating scars and permanent marks.
4. Not cleaning or peels homemade if the acne is found in the acute phase
5. It is very important to follow a proper daily routine of beauty, that includes proper facial hygiene and moisturizing with specific products. Clean your face with a gel purifying specific for oily skin two times a day.
6. Then apply an astringent (Tonic Balancing)
7. Apply yourself to following a contour of eyes lightweight gel and a cream for oily, mixed and/or fats.... The skins acneicas also need hydration, but you need to choose the right product for that does not add more fat and shine to your skin.
8. Use a sunscreen matting and seborregulador, which will help to keep down the bumps and problems resulting from the acne (shiny and new outbreaks acneicos).
9. Use a suitable makeup. When choosing one it is important to check that it is 'oil free' and non-comedogenic (i.e. will not clog pores nor causes black spots)". The compact does not provide too much glare. It is convenient to always put powder matificantes to seal the base of makeup and eliminate excess shine thanks to its power astringent.
10. Avoid the bangs or the hair on the face because it favors the appearance of impurities and fat in the face.