

## **External Acne Care: The Pros and Cons of Washing Your Face**

Acne is basically an internal condition triggered by several underlying factors. However, there are additional external acne symptoms that may enhance the formation of acne or interfere with the healing process of your existing acne on the external level (e.g. the external acne environment). Without handling these external triggers, it will be very difficult for anyone to overcome their acne challenge, especially when the holistic treatment is performed while the individual still suffers from “live” and “evolving” acne.

Clogged or very large pores, oily or very dry complexion and bad skin hygiene do not cause acne but they interfere with the healing process of the skin and make your external acne environment more prone or “susceptible” to acne.

Taking care of your skin on a daily basis by incorporating simple and easy to follow protocols may not only enhance the healing process of your existing acne it will also balance your skin ph levels, making it smooth, even toned, radiant and healthy looking.

Although there are many types of cleansers available for different purposes (exfoliation, clean, medicate), washing your face twice a day using a gentle antiseptic and anti-bacterial 100% natural soap like tea tree oil soap, or Cetaphil soap can help reduce inflammation, swelling and redness and significantly improve the overall appearance of your skin without the irritation, allergy reactions and over-dryness that over the counters like Benzoyl Peroxide can cause.

Washing your face should always come after a good 5 minutes steaming routine. After the steaming, follow these 3 easy steps:

1. Use lukewarm water to get the soap wet.
2. Apply the soap to your face using your fingertips in a circular motion.
3. Wash your face gently and pat your skin dry using a cotton towel.

If your sebaceous glands are producing too much oil (due to hormonal imbalance that should be fixed internally), then you probable have excessively oily skin and large pores. To tackle that problem externally, do not use alcohol and water astrigent, instead use soap like Neutrogena clear pore oil Controlling astrigent or even better apply an all natural mask made of bentonitre or egg whites.

An extremely dry skin can also be treated internally through balancing oil secretion protocols and dietary changes and supplementation, including the regular intake of 10 glasses of pure water on a daily basis. As for the external care, applying lots of good quality moisturizer such as 99% Aloe Vera gel while avoiding harsh and un-natural external care products; can significantly reduce your dryness.

**Warning:** Excessive washing of the face can cause mild to moderate irritations and increase redness and inflammation, defeating its own purpose.

If you have sensitive skin, the best practice is to test each product prior to using it, using dollar size amount on your chin, regardless of its quality or the nature of its ingredients.

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