



SPA HAMBRIK

beautiful, youthful, healthy skin



What causes acne? How can skin care treatments help?

Acne is the most common skin disorder, and 85 percent of all Americans will experience it some time in their lifetime. While commonly thought to be an adolescent problem, it can appear at any age, most often on the face, back, and chest.

The causes of acne are complex, but usually involve the overproduction of oil, the blockage of follicles that release the oil, and the growth of bacteria in those follicles. This can be triggered by many things, including a change in medications or a change in hormone levels caused by stress or other factors. It's important to treat acne early to avoid scarring.

There are 4 grades of acne. Grade 1 is the mildest form, with open and closed comedones (whiteheads and blackheads). Grades 2 and 3 include papules and pustules as well. Grade 4 is the most advanced form, with all the above plus the appearance of cysts or nodules beneath the skin surface, that can be dime size or larger and often require medical attention to treat. Acne is not only painful but can be very emotionally and psychologically challenging as well.

Who can benefit from acne treatment? Anyone who has acne can benefit from treatment. Acne sufferers often state their quality of life and self-esteem improves dramatically once their acne is alleviated. If you are seeking a licensed esthetician's care, chances are you've already tried over-the-counter preparations with disappointing results.

Depending on the grade of your acne, your esthetician will go over the treatment options that would be the most successful for you. If you have Grade 4 acne, your esthetician will refer you to a dermatologist who can treat it medically. Once your acne is under control and improving, your esthetician can suggest treatments that will assist you in accelerating the healing process, relieving pigmentation which often accompanies acne.

Visiting your esthetician for acne treatment: Be ready to fill out a medical questionnaire and describe what medications and skin care products you are using. Your therapist will do an analysis of your skin, look for any interactions between products and medications, and devise a treatment plan that's suitable for your unique needs. Keep in mind that results require a commitment on your behalf to follow a prescribed home care and professional treatment program. This often involves a series of professional treatments. It takes time to balance the skin and treat acne. Though results may not happen overnight, you are on the path to reclaiming your beautiful, clear skin!

What should I expect from my acne treatment? You should expect regularly scheduled treatments. Your treatment program may begin with an acne facial. This may include deep cleansing and extractions (clearing blocked pores), special exfoliation that will not increase inflammation or spread bacteria, a balancing/calming mask, anti-bacterial and balancing products, or some combination of these. The goal is to deeply cleanse follicles and disinfect them, clearing away oil, bacteria, and dead skin cells.

Your esthetician may also recommend a series of chemical peels. Once the active acne is cleared, microdermabrasion will assist in minimizing the appearance of scarring and diminishing residual darkening of the skin (hyperpigmentation).

Home care for acne: Your esthetician can provide the best guidance on caring for your skin between treatments. Generally, this will involve keeping your skin clean and avoiding picking at your blemishes—the single biggest cause of scarring. It's very important you follow instructions given to you by your esthetician. Untreated or undertreated acne can lead to continuing, worsening outbreaks and scarring. Your esthetician will be in close contact with you to be sure your products are working effectively for you. As your treatment progresses, your esthetician may change your home care routine to fit your changing skin's needs.