

## **What about solutions offered at Department stores, Proactive, or Antibiotics?**

It seems everywhere you look these days, someone has an answer for problematic skin. However, Acne isn't a one size fits all solution. Let's breakdown why.

*Fact: Acne is an inherited skin disorder of the pores. Skin cells shed at a rate the body is unable to keep up with, creating tiny plugs that grow larger as they work their way to the surface of the skin. Combine this with hormonally induced sebaceous activity, and naturally occurring p-bacteria, and you have a recipe for acne.*

### **Over the Counter Solutions:**

Department Stores have such wonderful displays and beautiful advertising, but unfortunately, a majority of the lines stop there when it comes to problematic skin. It is impossible to have a sales consultant analyze your skin and prepare a regimen with the limited knowledge and time they have invested in learning about Acne. Some store may promote increase exfoliation but one has to keep in mind, the cause of the pimple is below the surface of where the exfoliation and products can penetrate. In some cases, this can aggravate inflamed skin even more!

### **Antibiotics**

It was first recorded back in the 1800's (yes, there was acne back then too!) that bacteria played a role in the formation of Acne. With that discovery came the simple solution – Antibiotics - They would be able to kill the bacteria and the acne will go away. However, we now know that bacteria, doesn't cause the acne, excessive skin cells do. Bacteria adds to the inflammation, but that is only part of the problem. That is why many times, dermatologist will place someone on several kinds of antibiotics to see if one of them will clear up the acne. Some popular Systemic antibiotics (pills) we see today are: Tetracycline, Minocycline, Doxycycline, Spironolactone and Isotretinoin (Accutane) As well as some topical antibiotics such as : Erythromycin, Sodium Sulfacetamide , Tretinoin (Retin-A) and Tazarotene, another vit. A based product. In another article we discuss the side effects of staying on an antibiotic too long, but for the purpose of this article, you know why antibiotics did not work to clear up all your acne.

In the 1960, scientist realized that the p- bacteria in the pore could not live in the presence of oxygen. This breakthrough helped create a treatment using Benzoid Peroxide that is still one of the most effective treatments today. Benzoid Peroxide takes a 3 dimensional approach to addressing the causes of acne. One skincare line, Proactive, built its whole program around the success of using a BP in their treatment lotion. However, one factor was overlooked. BP must be introduced slowly to avoid excessive dryness, and increased at intervals to avoid a tolerance build up. There was not way for Proactive to monitor the use of every client. Some clients were able to handle the amount of BP, responded well, quickly with, but their results soon plateaued and the acne reoccurred. For others, the BP was too strong,

and their skin became excessively dry and inflamed, they thought they were just allergic to the products and quite using them.

### **What is the Skinworks philosophy?**

We believe the best approach to treating acne is topical. Combining the efforts of an effective home care regimen that exfoliates without irritating and professional treatments that exfoliate at a deeper level making home care more productive.

At Skinworks, we use the Face Reality Skincare system and Vivant Pharmaceuticals. Both offer proven methods in clearing up acne in most cases less than 3 months!

This system utilizes varies strengths of Benzoyl Peroxide as one element in our skincare system. If you choose treatment at our facility, Our Acne specialist will test a range of products on your skin to determine sensitivity and determine which products are best suited for your skin. We also provide you with a personal schedule on how to apply the products and how to introduce them to your skin to avoid excessive redness and over drying.