

There is also a much slower option, one that requires no downtime for eliminating brown spots – the use of retinoids or alpha-hydroxy acids (AHA) combined with bleaching agents such as hydroquinone and kojic acid. This treatment is said to inhibit the formation of melanin. Also, the retinoids or AHAs alone could take up to six months to produce the obvious improvement on the skin. This is according to Amy B. Lewis M.D., the director of dermatologic surgery at the Downstate Medical Center in New York City. A particular product recommended is Alustra, a twofer dermatologic favorite which contains retinol as well as a four percent concentration of hydroquinone. This item actually costs about \$70 for one ounce, and the treatment lasts one to two months.

For further solution, products with antioxidants such as vitamins E and C as well as green tea are highly recommended. These are said to prevent brown spots on the skin by way of squelching the production of free radicals, which are destructive molecules that can contribute to skin discoloration. Also, smoothing on a broad spectrum sunscreen like the well-known L’Oreal Ombrelle Sunscreen Lotion SPF 30 every day is a must for eliminating brown spots on the skin.

#### **Problem #4: *Blemishes***

Blemishes usually develop on the skin because of stress and hormonal flares. Both of these culprits are said to set up sebum production, the reason that you may break out when you are under pressure. So, if your skin pores are not strong enough to handle the increased production of sebum, the bacteria will start to accumulate on the skin and thrive there. With that, the stage is set for an outbreak.

So, how to fight blemishes?

Note that mild to moderate cases of acne, characterized by less than seven pimples a month, can be treated with over the counter products. This may include those treatments containing glycolic acid or retinol, which is potent for unclogging skin pores. Also, the benzoyl peroxide, which is an antibacterial agent, can be applied.

There is one specific ingredient that is particularly effective in treating blemishes – salicylic acid. This is actually an efficient exfoliator that dissolves skin oil. To mention but one specific product available, you can try Neutrogena Healthy Skin Anti-Wrinkle Anti-Blemish Cream which boasts both salicylic acid and benzoyl peroxide.

However, if breakouts are more severe, contact a dermatologist. The expert will likely prescribe an oral or topical antibiotic, as well as a prescription retinoid such as Retin-A, Avita, Tazorac or Differin. And, to speed clearing of pimples and pigmentation that linger for about month after a blemish heals, a product named Azelex is usually prescribed by dermatologists.

If for instance acne flares around ovulation or during your period, most experts commonly suggest birth control pills. Your gynecologist may prescribe one birth control pills that contains skin-friendly hormones. However, it is important that you get enough rest and sleep. One particular explanation for this is that when your body is literally