

[Sample Article - 470 words]

3 Steps to Get Rid of Acne

Acne is not restricted to post puberty teens and needs plenty of attention on certain skin types, but there are a number of routines that will keep acne at bay, here are the best steps to take, courtesy of **Bannerman** Online Pharmacy.

The best step to get rid of acne is to avoid it in the first place. It is important that you keep your skin clean; washing twice a day to remove any dead cells and oil on the skin. So, a strict washing regimen, with a soft cloth, will minimise the possibility of getting acne.

However, even with a good cleansing routine, be prepared for the onset of acne, or at least a rash of pimples, at some stage of your life because our hormones are such that they cause changes to your body at different times.

Using a Cleanser to Get Rid of Acne.

Of course there are certain skin types that need additional attention with a **Bannerman** Benzoyl Peroxide skin cleanser being one of the most effective treatments to get rid of acne.

There are also **Bannerman** Benzoyl Peroxide gels available and they are very effective for treating individual spots. However, be careful with other gels containing more than 3% benzoyl peroxide as they may further irritate your skin.

There are some skin types that need MORE oil and there are oil cleansers to accommodate this skin type.

Suitable oils in this group include olive, emu, and castor oils as well as grape seed oil, all available online at [BannermanPharmacy.com](https://www.bannermanpharmacy.com). in convenient handbag size containers.

You may also consider gently rubbing your skin with a **Bannerman** Exfoliating Sponge, also available from the online pharmacy.

Using a Toner to Get Rid of Acne.

After washing you will need to cover the affected area with a toner, these

products make the pores tighten so that oil and dirt will not get trapped in them. Toners are also available at the **Bannerman** Online Pharmacy.

Just as effective to get rid of acne are witch hazel or apple cider vinegar, dabbed on with cotton wool balls, again available at the **Bannerman** Online Pharmacy.

Applying a Moisturiser to Get Rid of Acne.

The last step, after using toner and to avoid your skin getting dry after cleansing and treatments, is to use a moisturiser to get rid of acne. However, make sure you use a moisturiser that doesn't block the pores, causing blackheads.

The correct moisturisers include glycerin and aloe vera as ingredients, and there is a large range of those at the **Bannerman** Online Pharmacy.

Always check with your **Bannerman** Pharmacist which treatment is right for your skin type.

[Please note the product, company and web site are all fictitious].