

Adult Acne

Acne (acne vulgaris) is a skin condition that affects most people at some point in their lives to some extent. It can develop anywhere on the skin, but occurs most often on the face, back and chest. Although acne regularly affects teenagers, it is not uncommon to experience outbreaks into adulthood.

Women suffer acne far more than men, which supports the idea that acne is related to fluctuating hormone levels. There is also a hereditary element to acne, so if your mother and father suffer, then it is likely you will too.

It is thought that as many as 1 in 5 adults suffer from acne between the ages of 25 and 40, and the condition affects far more women than men.

Just like teenage acne, spots are formed when pores and hair follicles get blocked by daily grime, skin cells and sebum, which then get infected and inflamed and cause whiteheads, blackheads, spots, cysts or pustules. And just like teenage acne, hormones are regularly to blame! **Diet, hydration, anxiety, certain make-up products, and some medications** can also affect your acne.

Treating Adult Acne

It's important to remember that your skin is **very different in your 30's, 40's and 50's** than it was when you were a teenager. The harsh chemicals that you may have used to strip your skin of excess sebum and oil in an attempt to control acne during puberty are much too harsh for more mature skins. Everyone's skin thins as we age, and it becomes more delicate, containing less collagen and natural oils to protect it, so remember to treat it with care.



Contact Customer Services for skincare and product advice

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