

Fohm by Sohm: Solutions for Problem Skin



woman washing her face

I have heard it said: That for every problem there is solution.

Sometimes, solutions come in a form that is different from we expect, so they are easy to miss, or dismiss.

However, when it comes to problems of our skin, especially those who suffer with “problem skin”, such as acne, I am here to discuss problems of the skins and their solutions.

It's hard to love our skin and feel good about it if we have troubled skin, struggle with breakouts, and uneven skin tone. We live in a society where how we “look”, often describes how we “feel”. As the skin is the largest organ of our body, it is important that we find ways to take care of our skin.

We've all heard of acne, and most of us have experienced it on more occasions that we care to recall. The truth is, acne is the most common skin disorder. So much so that it is estimated that over 85% of all Americans will experience acne at some point in their lives. Acne used to be thought of more as an adolescent problem, however research now shows us that this skin disorder affects people of ALL ages and in more areas than JUST the face. People that suffer from acne breakouts often express that aside from the face, their acne appears on the neck, chest, and back.

The reasons for acne breakouts, and their severity depends on the individual. However, the most common factors of acne typically include the growth and bacteria of our skin follicles, the blockage of these follicles, and in many cases the overproduction of oil released through these follicles. Factors such as stress, hormone levels, changes in skin care regime and even medication changes play a role in the mystery of acne.

Acne can be very painful. Not only can it be painful to your skin, but studies show that it can be both emotionally and psychologically painful as well. Acne can be broken down into 4 common stages and grades, from 1 being the mildest and 4 being the most advanced.

Stage 1: Whiteheads and Blackheads. (open and closed comedones)

Stages 2&3: Include the above, and add papules and pustules.

Stage 4: Include the above and add the appearance of cysts or nodules under the skin.

Word to the wise: Don't squeeze, pop, or dismantle your skin. I know this from personal experience. To avoid scarring, treat your skin and its blemishes as early as possible. Using your dirty hands to touch your face is a great way to introduce more bacteria to the skin's surface, often increasing the acne by "spreading".

Everyone can benefit from acne treatment. If you are seeking the counsel of a licensed esthetician, then my guess would be that you have exhausted almost EVERY over the counter acne medication available on today's market. Certainly, grade 4 acne patients have spent a pretty penny seeking advice and solutions through a trusted dermatologist.

There is a new skin-care product launching this year, called Fohm by Sohm. Until now, 2% Salicylic Acid was only available through a dermatologist or doctor. Sohm Inc. proudly announces its launch into the U.S with an innovative previously Rx product called: F?HM by SOHM™. Fohm is a foaming facial cleanser and clarifier made so powerful by Salic2™ —SOHM's proprietary salicylic acid formulation.