

The many uses of Salicylic Acid



These days there are a million and one different acne-fighting products that claim they will clear up your acne. So, how can you find the right acne treatment for you?

Well, there are 5 top acne ingredients in most of the over-the-counter medications you will be choosing from, and one of them leads the pack in effectiveness and even rivals prescription medications. That ONE is Salicylic Acid. Here is a breakdown of the top 5 OTC acne agents on the market today.

#1. Salicylic Acid– Salicylic Acid is well tolerated by most individuals. This is one of the reasons that it tops our list. Even people with very sensitive skin are usually able to tolerate Salicylic acid by gradually increasing the amount and frequency of use.

Also, Salicylic Acid tops our list in efficacy. Many acne products deal with acne that is already present, instead of attacking it at its root. Salicylic Acid Unclogs pores and renews skin in order to deal with dreaded acne before you can even see it.

According to the *Journal of the American Dermatology* in 2010, Salicylic Acid produced even better results than a leading prescription.

#2. Benzoyl Peroxide– This ingredient kills acne bacteria. It can play a major role in drying up existing acne and possible discourage the build up of new acne-causing bacteria.

#3. Glycolic Acid- The active ingredient Glycolic Acid is a fruit acid or AHA. It can be considered natural, as it is derived from sugar cane. This ingredient is best recognized in cosmetic use as a natural exfoliant and moisturizer, although there has been much debate over its effectiveness, not to mention its safety. If you use a glycolic acid, you should look for one with 10% or higher. This can be difficult to find in OTC medications.

#4. Sulpher– Sulpher's action is to dry out the sebum, which is made from the sebaceous gland. It is actually one of the oldest acne medications around, and is available in over-the-counter medications, as well as prescriptions. It's down sides are that it smells terrible, and often has an extremely drying effect on the skin.

#5. Azelaic Acid– This final ingredient that closes out our top 5 in acne ingredients has anti-bacterial, anti-bacterial, anti-inflammatory, and antiseptic properties. This can be an effective agent in the fight against acne, but can only be obtained through your physician by prescription.