

Understanding Salicylic Acid and Acne



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First, about acne

There are many factors that can contribute to the onset of acne. Some of these are heredity, hormonal changes during puberty, diet, and basic skin type. Acne originally results from the obstruction of a pore and overactive sebaceous glands that produce an excess of sebum. When sebum cannot flow properly through a pore, that pore collects and forms a papule, or a pustule. It is that process that results in blackheads or pimples.

Pores that are closer together are much more likely to have sebum collect in them, which of course, leads to a higher incidence of pimples; it is because of this, acne is more common on the chin, jaw line, nose and forehead. It is less likely to be on the cheeks, but acne breakouts can still occur there and are far more visible.. There are incidences of actinic keratoses of the back where the skin is full of blackheads and whiteheads spread over. This is often exacerbated by dandruff too.

Cystic acne is the most persistent type of acne and can lead to very severe scarring due to pustular eruptions if not treated properly. Cystic acne is characterized by nodules that remain under the skin for days or even weeks at a time. This type of nodule rarely becomes a whitehead, but stays buried under the skin.

Now on to the solution: Salicylic Acid!

Over-the-counter products that contain salicylic acid are available and very effective. Salicylic acid is one of the most powerful keratolytic molecule from Beta-Hydroxy acid group.that has many medicinal and cosmetic applications. Some of these are treatment of dandruff, warts, and (of course) acne. It is available in various strengths from 2% up to 60% and there is appropriate concentration for each ailment that salicylic acid can be used for. For acne, higher concentrations should be used, up to 2%, which is available without a prescription.(Sohm Team was first in India to use 2% on face Wash in Foam as well Gel base)

When you're burdened by an acne outbreak, it can be very valuable to simply understand what you're dealing with (what acne IS, and where it comes from), and then be armed with the information you need to tackle the acne attack quickly... have your salicylic acid on hand!