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TREATING ACNE NATURALLY

FACT SHEET

Acne – a four letter word that sends shivers not only through every teenager but a surprising number of adults as well!

Did you know that about 80 percent of teenagers are affected by acne between the ages of 13 and 17. However, about five percent of women and one percent of men aged 25 to 40 continue to get or develop acne (late-onset acne). Rarely, newborn infants develop acne from three to 24 months of age.

In addition even as women go through pregnancy and menopause acne may also temporarily re-visit.

What is Acne?

Acne occurs when sebum (the natural oil produced by the skin's sebaceous glands) plug the small opening around the hair follicles on skin.

Bacteria then become trapped in the block pore which may now become infected. The infection causes a pus filled bump to form. – these are called whiteheads.

If the blocked pore pushed the plug to the surface of the skin – the plug oxidises and goes black – these are called blackheads.

If the infection continues then the pimples can develop into swellings and cysts.

With the onset of puberty there is an accompanying increase in the production of testosterone, a male hormone which is produced by both men and women. Sebaceous glands in the skin can be very sensitive to testosterone, which can lead them to produce more sebum, giving rise to an oilier complexion.

Dead skin cells on the skin's surface can also become coated with this sebum, making them sticky and partially blocking pores. As we know the blocking of pores is how acne is formed.

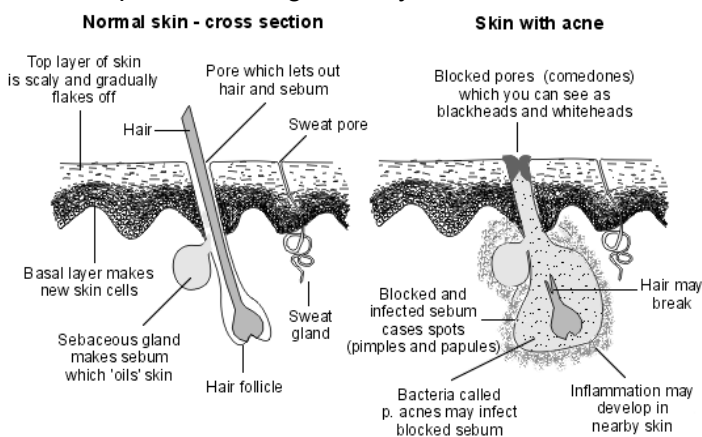
How is acne usually treated?

Over many years working with clients with acne we have found that the normal reaction to 'getting pimples' is to vigorously attack the problem.

This often involved zealously cleansing the face several times a day with a foaming face wash, exfoliating the skin daily, applying over the counter preparations to dry out pimples and combat infection as well as using antibacterial wipes to remove the last trace of oil from the skin. Wow what a regime!

Unfortunately the results of this type of regime were often very disappointing. Instead of the pimples diminishing more often than not the skin became sensitised with dry and flaky areas and often red, angry pustules. And worse yet, the body responded to the dryness of the skin by instructing the facial pores to go overtime into oil production. This just created a vicious cycle of over cleansing/treatment, followed by excessive oil followed by over cleansing treatment and so on.

However gradually, over time, as the hormone activity reduced, the acne resolved itself. In some cases though the acne becomes so inflamed, even uncomfortable and sore that further measures needed to be taken and this is where hormone regulation through the -use if the contraceptive pill were suggested. In other cases prescriptions for antibiotics and even Isotretinoin – a drug originally designed as a form of chemotherapy and marketed as accutane or roaccutane, have been prescribed to acne sufferers.



What causes acne?

Acne can have many causes but the most common is that caused by hormonal imbalances. Adolescence is the primary period when our hormones go way out of whack...it is also the most common time when acne becomes an issue.



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From our point of view – while these treatments and drugs do have a small place in acne treatment there is a much more natural and simpler means of dealing with acne.

How should we treat acne?

It appears that the word is finally getting out about how to properly treat Acne...and that is GENTLY.

The article on the left appeared in The West Australian on May 20, 2010 and basically it discusses the latest information on acne treatment provided to a recent Australian Dermatological conference by their guest speaker - Dermatologist Dr James Del Rosso from the USA.

And what was this ground breaking new treatment regime? As earth shattering as it sounds the dermatologists were told that acne should be treated gently and shock of shocks, acneic skin should be....drum roll please... moisturised!

At Moon Haven we have a comprehensive system for treating

acne- but initially all of our treatment recommendations revolve around one core premise.

We have proven time and time again, that a simple, gentle and herbal approach to acne is highly effective. We have found that we can ease most cases of acne within 4 weeks of beginning our acne regime.

You see our treatments are based on the premise that acne and similar skin conditions are evidence that the skin is unbalanced and under stress. The cause can be adolescent hormonal changes, stress, environment and even bacterial.

Calming the skin with herbal anti inflammatory moisturisers and gentle nurturing cleansers helps the skin to calm, reduce its reactivity and commence the healing and balancing process.

Moon Haven Acne Treatment

Moon Haven's Acne Treatment program revolves around two core activities – cleansing and moisturising.

Our cleansers include our skin soothing Honey & Oats Hand crafted Soap and the Herbal Cleansing Gel with Bergamot as well as our Herbal Cleansing Milk with Rose Geranium.

The main moisturiser of choice for acneic skin is our wonderful skin balancing Nature's Own Moisture Lotion. This herb filled lotion lightly moisturises the skin while calming inflammation.

Initial treatment

The initial treatment regime consists of gently cleansing and moisturising the skin morning and night. We do not recommend any other treatment in the first week or so as we are looking to allow the skin to settle and balance.

After two weeks

After this initial treatment period other products can begin to be used:

These include applying Break Out Serum to only the 3 or 4 largest and angriest pimples on the face twice per day and using our Green Clay Mask once per week.

We do not recommend chemical or mechanical exfoliation when acne is at it angriest...this only leads to broken skin and greater levels of infection. Exfoliants can be used later when the skin is balanced and more resilient.

Choosing the Correct Products for Your Skin

Before embarking on a particular skin care regime we always recommend that you talk to one the Moon Haven staff ...we can then recommend the treatment system we feel is right for you. Just call us on our FREECALL 1800 005 059 (or 0897 555 470 if calling from a mobile) to discuss your situation.

100% Money Back Guarantee

And don't forget that each of our products carry a hassle free, 100% money back guarantee if you are not happy with the results or how they perform.

New take on acne treatment

Acne, the bane of many teenagers, should be treated with a more gentle hand, including what has long been considered a no-no — moisturiser.

An Australian dermatologists' meeting has been told that one of the world's most common skin diseases should be treated with gentle cleansing and a moisturiser.

Dr James Del Rosso, dermatology residency director at Valley Hospital Medical Centre in Las Vegas, said improvement could take time.

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