

12 Ways to Cure Adult Acne at Any Age

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In Your 20s

First and foremost, don't get discouraged if you start breaking out well after your teen years. "Regardless of age, there are several factors that can affect why a woman will suddenly begin to get acne," explains **Houston-based dermatologist, Dr. Paul Friedman**. "Genetics, exposure to bacteria, open hair follicles, and hormones are among them."

Younger women should start their attack on breakouts by opting for lightweight skin-care products, because their skin still produces a fair amount of natural oils. "I tell my patients to look for non-comedogenic gels, lotions, and serums that won't further clog pores," advises Friedman. "Also, you don't want to overdo it with harsh cleansers, so find a gentle wash to use daily."

For singular pimples, "I recommend that my younger patients use salicylic acid-based products, because this ingredient also serves to clean out pores," explains Friedman. We like this pen because, even though you should *never* pop a pimple, mistakes happen, and this gel-based solution will protect the wound from infection.

Oily skin is a common woe for women just out of puberty. But if your mug is resistant to over-the-counter products, talk to your dermatologist about getting a Smoothbeam Laser treatment. "This in-office procedure shrinks oil glands, which is the root cause of acne, and stimulates collagen production to improve the appearance of acne scars," adds Friedman.



In Your 30s

"As women in their 30s and 40s approach menopause, their menstrual cycles become less consistent, which can result in increased breakouts," says Friedman. For many, this type of hormone-related acne appears along the chin and jawline in the form of cystic nodules. "See your doctor if you experience this," notes Friedman. "The best cure might be taking low-dose birth control pills to regulate hormone activity."

Because slightly older skin doesn't heal as quickly as younger dermises (scarring, yikes!), go full throttle when you notice the occasional breakout, and try a three-step skin-care system that works to remove impurities while hydrating parched skin. We like this kit because it also helps reduce redness for sensitive skin-types.

Vitamin A derivatives, like Renova, don't just work to erase wrinkles. They help clear up acne, too (it all comes down to exfoliation in the end). "For women in their 20s and 30s, I prescribe Retin A or Tazorac to treat regular breakouts," explains Friedman. "Unless she's trying to conceive, or is pregnant. In that case these medications are not recommended."

While little is known about rosacea, most women who experience this chronic condition usually start to see symptoms, like flushed, bumpy cheeks, in their late 20 and early 30s. "The earlier you seek out treatment, the better off you'll be," warns Friedman. "Talk to your doctor about prescribed topical solutions or pulsed dye laser options to reduce inflammation and diminish dilated blood vessels."



In Your 40s

"The reality of aging is that our skin produces less oil and collagen over time," notes Friedman. "So, I recommend that my patients over 40 opt for more hydrating products to treat their acne, like creams." Since acne isn't just limited to the face, remember to moisturize from head to toe to prevent body breakouts, in addition to scaly patches.

While stress plays a role in the appearance acne, no matter your age, certain factors associated with the 40+ years can exacerbate breakout-prone skin even more. "I remind my older patients how much diet can play a role in how our skin looks, especially as women start to raise junk-food-happy teenagers," continues Friedman. Stick to a low-carb, low-dairy food plan, instead of munching on drive-through grabs, to score a more youthful glow around the clock.

"Once you get to a certain age, it's more important to look at the concentration of active ingredients that you're using, than the product itself," adds Friedman. "Women who are predisposed to dry, sensitive skin should look for lower levels of actives, like two percent salicylic acid, when selecting spot treatments." We like this formula because it tightens pores (another telltale sign of aging) as it erases pesky pimples.



Thanks to technological advances, at-home skin-care tools can now help prolong the results of pricey in-office procedures. "Using a blue light device is a great way for patients undergoing photodynamic therapy sessions, which is used for acne treatment as well as to reverse photoaging, to continue to kill acne-causing bacteria on their own," explains Friedman.