

Bad Habits to Break to Prevent Acne

Melbourne, Victoria, Australia – 28 September 2012 – Fast, effective, economical and university proven acne treatment [Acnessential](http://ironpower.biz/products_acnessential.htm) (http://ironpower.biz/products_acnessential.htm) shares some of the most basic but hard to break habits when getting rid of those zits.

Some people think that only teenagers and the twenty-something are affected by acne, but in reality, anyone – regardless of age, culture, and gender, can be afflicted by acne. The moment you see that teeny, tiny zit breaking through your skin, you are too excited to examine it, thinking if you are going to pick it, pop it or rub it.

So instead of reacting aggressively with that zit, how do you get rid of it? Here are some practical and useful suggestions.

First, stop stressing about that spot. Acne breakouts result from too much worrying and stressing so stop fussing over things that you really do not need to worry about or else all you'll get is a face with acne.

Second, keep your hands off of your face. You'll never know what bacteria or virus might have passed on you through your hands so you better stop touching your face. Or, make sure that you have clean hands whenever you find the need to touch your face.

Third, make sure that you find time to wash your face carefully and meticulously. Washing your face is one of the most effective ways to remove excess oil, sweat, dirt, and grime that you accumulated throughout the day and prevent the occurrence of breakouts.

Fourth, if all else fails, find a product that can help treat your pimples. Be sure that it is a safe and effective alternative treatment because many companies offer outdated products that potentially contain harmful chemicals and drugs. One product that is tested to be safe and effective is [Acnessential](http://ironpower.biz/products_acnessential.htm). Its active ingredient is a natural vitamin B3 derivative, called Niacinamide. It has been university proven to be as effective as the leading prescription topical medication (Clindamycin) minus the negative side effects.

Break those bad habits now and see the difference. To know more on how you can eliminate acne, please visit http://ironpower.biz/products_acnessential.htm today.

About Acnessential

Acnessential is naturally fast, effective, economical and university proven to be effective against more severe moderate acne as well as the leading prescription medication without the side effects and without needing a prescription.