

## Ace Adult Acne, Don't Gamble With Your Skin

(NAPSA)—If you suffer from adult acne, your medicine cabinet may be full of drugstore remedies that did not quite work. Fortunately, self-treating is not the same thing as consulting a doctor who has skin care experience and can prescribe the right treatment for your type of acne.

“People aren’t aware that they don’t have to suffer with endless blemishes. They don’t realize that it’s important to stay on treatment until your body stops making acne. I usually start my acne patients on combination therapy with a topical retinoid, like Differin® (adapalene) Gel, 0.1%, a topical benzoyl peroxide and a topical or oral antibiotic. Once the outbreak is under control, I continue the topical retinoid for maintenance and stop the other therapies. Recent studies showed that this new strategy, known as maintenance therapy, kept skin clearer,” said Dr. Linda Stein Gold, director of dermatologic research and a division head of dermatology for the Henry Ford Health System in Detroit, Mich.

There are also professional cover-up techniques that help hide the breakouts as skin clears. Jenna Menard, a makeup artist who has worked on celebrities such as Wyclef Jean, Shalom Harlow and Rachel Dratch among others, has special tips for covering blemishes. Menard creates the illusion of a great complexion by toning down redness, camouflaging pimples and taming flaky skin.



**Professional cover-up techniques help hide the breakouts as skin clears.**

“I tell clients to seek help right away rather than wait until a big event like a wedding to begin caring for their skin,” said Menard. She suggests the following tips to ace acne:

- Blend your own base to cover redness and blemishes. For dark skin tones, use orange with a concealer, for more olive tones, mix in green to minimize redness and for light complexions, add a yellow undertone.
- Don’t rub; pat base and concealer onto skin for a more natural texture. Rubbing can aggravate flaky skin and make flakes look worse.
- Control which features draw attention. Take the focus off your blemishes by accenting other areas. Use mascara and eye shadow to play up the eyes if your chin is a problem area and enhance lip gloss or color to draw attention away from a breakout on your forehead.

For more information on acne treatment, visit [www.differin.com](http://www.differin.com).

*Important Differin® Safety Information:*

*During treatment, dryness, redness, itching, burning or peeling may occur. Avoid over-exposure to the sun and sunlamps, extreme wind or cold. Use of irritating skin care products may aggravate the skin. Use of sunscreen is recommended.*