

Ultimate Acne Scar Prevention and Removal Guide



By Chris Gibson



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About the Author

Chris Gibson is a best selling author of several books on alternative healthcare. His writing career began when a friend recommended he jot down his step by step ideas on how to do advertising. Not realizing what he was doing to help other people, the advertising book became a huge success. From there, Chris received the confidence he needed to move forward and take advantage of the opportunity to share his knowledge of effective "all-natural, drugless therapies."



After Chris conquered his battle with acne, he was left with deep pitted acne scars that marked several areas of his face. Known for his proactive approach to solving problems, Chris embarked on the road to finding something that would not only work for himself, but hopefully also other people struggling with the same problems.

This book is a collection of his research, ideas, and findings on the options available for someone to prevent and remove acne scarring. It will help you make the decision on what choice might be best for you. Please feel free to pass this book on to any friends and family you feel it might be helpful.

Chris resides on his ranch near Pittsburgh, Pennsylvania, where he spends his non-writing time in his organic gardens, traveling, and training his labrador retriever, Max.

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Introduction

Since writing *Acne Free in 3 Days*, I have been receiving hundreds of questions on what products I recommend or have had personal experience with. The questions range from what kind of soap should I use to what I should moisturize with that will not cause breakouts.

The most frequently asked question I get is, “What can I do about my acne scars?” Through the last several years of helping acne sufferers, I have found the number one concern of most people with acne and the dermatologists who try to help them is acne scarring.

This is especially true if you are suffering from acne vulgaris, the same kind of acne I had. It is marked by deep cystic acne that can cause pitting and scarring even if you are diligent about not picking at your acne bumps.

This guide is a collection of my proven ideas, experience, and research for removing acne scarring and preventing future scars from appearing. Please understand this is a “guide”, and will only help you by providing you with the thorough knowledge needed to make the best choice from what is available.

Ultimately the final choice is up to you. I wish you the best of luck and I hope this guide is helpful in removing and preventing acne scars for you!

The How and Why of Acne Scarring

Before we begin discussing the options available, I think it is important to understand the how and why acne scars occur in the first place. I call the little pock marks and red scars the “Badge of Courage” for acne sufferers.

The tiny scars form as a result of collagen and fatty tissue being displaced by an enlarged and infected pore. This is what is seen with cystic acne, but can also occur with tiny pimples in people whose skin easily discolors and scars during the healing process.

In fact, that is just what the scar is – a healing of the rupture in the skin. Your body rushes to protect you from infection by quickly replacing the lost tissue to prevent infection and further damage.

On the head – the body is hyper-designed to do this in an extremely rapid fashion to protect the sensing part of the body and the brain. In other words, get a cut on the head or face, and your body hyper-heals it.

Now these scars would not be such an issue, but on the face the indentions cause a displacement of light as it crosses the contours of the skin. This makes the indentations of the acne scar a “shadow” much like the craters you see on a full moon. Hence the nasty nick name used to describe acne sufferers as “crater face” by unfeeling and rude individuals.

Since I like to say that our face is our calling card, it is how we show ourselves to the world – keeping the scars at a minimum and removing them should be ultra important to you. I know it was for me.

That said I put together this guide about acne scar prevention and even some ways to reduce or completely remove acne scars regardless of how long you have had them. Certainly, prevention is the key.

The good news is that by following the methods in my book, Acne Free in 3 Days, you will see a reduction if not a complete remission of acne and thus – no future scars.

Acne Scar Prevention

There are a few things you should be doing to ensure you do not end up with scars on your skin from acne breakouts or cysts.

1. You have heard it before but, do not pick or squeeze acne bumps or pimples. Here are a couple of reasons why. First, an inflamed and infected pore (pimple) is full of bacteria. Squeezing it can rupture the pore spreading the bacteria further under the skin causing more breakouts. Second the rupturing can cause a pit or scar to form as the facial tissue is displaced. So no picking!
2. There are special tools available at most drug stores to help open a blocked pore with minimal pressure. You should follow my method in Acne Free in 3 Days for steaming to open pores and keep them clear.
3. Make sure you have a regular exfoliation routine. I will recommend the best option I have found later in this guide. Even if you are young, regular exfoliation of the facial skin is a must as it keeps the pores open, infectious bacteria at bay, and the skin in a heightened state of renewal.
4. Take at least 1000mg of vitamin C daily (unless you are sensitive to it) and drink the recommended 8 glasses of water each day. This helps the body to repair itself, especially at night when at rest.

Simple enough? I know it is easier said than done, but like I said earlier, prevention is the key. If you can keep new acne scars from forming, then you will be able to use the rest of this guide to clear your skin of your current acne scarring.

Products That Remove Acne Scars

Over the years I have tried many products for the few acne scars I did have. Some of the products I tried did give significant results while many others did not.

I am going to give you information on the products I have used. There are many new treatments for scars on the market for fresh scars from surgery and for cuts, scrapes, and the like.

Unfortunately, acne scars require special treatment and most of the new products today simply have little effect on them, even if they advertise that they can be used for acne scars.

I am going to tell you that the most dramatic results come from the skin peels you hear so much about. There are several ways a peel can be accomplished and some treatments can be quite harsh with a lot of what we call ‘down time’... time you will spend indoors out of the sight of others recuperating from your Peel.

I am not talking about the skin peels you see in the department stores that are strong alpha and beta lotions. These are good for a light surface peel, but often are not able to go deep enough to affect a smoothing result where acne scars are concerned.

Remember, these are not usually raised like typical scars. They are deeper in the dermis and harder to eradicate. Here are the most effective treatments I have found available today.

Holistic Healing Approach

The Edgar Cayce scar remedy. I personally used this mixture with good results when I discovered it in my 20's. The mixture is a combination of white Russian oil, camphor, and olive oil.

Here is a description of his treatment in his own words:

... Olive oil - properly prepared (hence pure olive oil should always be used) - is one of the most effective agents for stimulating muscular activity, or mucous membrane activity, that may be applied to a body ... tincture of myrrh acts with the pores of the skin in such a manner as to strike in, causing the circulation to be carried to affected parts [scars] ... camphorated oil is merely the same basic force [olive oil?] to which has been added properties of camphor in more or less its raw or original state, than the spirits of same. Such activity in the epidermis is not only to produce soothing to affected areas but to stimulate the circulation in such effectual ways and manners as to combine with the other properties in bringing what will be determined, in the course of two to two-and-a-half years, a new skin! (440-3)

This is not the fastest way to remove the acne scarring, but as I said, I got good results after using the mixture for about 6 weeks. Edgar Cayce was known as the sleeping prophet back in the 1940's where he would go to sleep and in so doing, a higher part of himself would give direction to the ill and questioning.

Here is the actual recipe copy: For active acne in case [528], an interesting lotion was prescribed:

- Camphorated oil, 2 parts
- Witch hazel, 1 part
- Russian white oil, 1 part

This lotion must be shaken very well and massaged for several minutes into the acne scar areas twice a day. It was said to help clear the skin, while treating and preventing scars as well. (Nujol is one form of Russian white oil.)

Note that the camphorated Oil is diluted about in half in the last two formulas. A similar dilution was suggested in a burn scar case (48717), but the diluent was sweet Oil (olive oil).

This can be complicated but do not worry as there are more solutions I want to show you that are extremely effective at reducing and in some instances eliminating acne scars.

While this is the most complex treatment, no matter what you may think of its source, it works very well and has been used in clinical trials with good results. It works but it takes time... and a good amount of it.

Next is a procedure that many of you who have been to a dermatologist have probably heard of.

Dermabrasion

Dermabrasion was developed in the 1960's and involves using a motor-driven burr to remove superficial skin through a process that is similar to sanding. The removal of superficial skin allows healthier skin cells to surface and results in smoother texture and tighter skin.

Dermabrasion is somewhat effective in improving wrinkles and acne scars, but it is not a miracle cure. Each treatment should have an improvement of about 20-40%. Therefore, multiple treatments may be required to achieve your desired result. Some wrinkles and acne scars may not be removed at all, even following multiple treatments.

Although dermabrasion can improve acne scars, it is not nearly as effective as a medium to deep chemical peel. There are also some complications that may occur such as de-pigmentation of the skin (where the "sanded" area is lighter than the rest of the skin).

There is also a higher risk of infection with this kind of procedure than any other kind. The outer layer of skin is completely removed and the very deep layers of skin are vulnerable and extremely tender. Pain medication is usually required for several days after the medical procedure.

Dermabrasion has to be performed by a doctor and may require a couple of days hospital stay due to the risk of infection. In a few cases the results have been quite less than acceptable as additional scarring has been reported in sensitive individuals.

Dermabrasion can have a lasting effect on acne scars, but the cost for achieving these results can be prohibitive.

Each dermabrasion treatment ranges from \$2000 up to \$4000.

Recommendations

I do not recommend this procedure as there are now very effective skin peeling agents available with far less risks of complications and pain. Skin peels have come a long way in the last 20 years and are very safe and easy to use.

In fact, there is now a product that is the first of its kind, a non-chemical skin peel that gives medical grade results without the expense, pain, and risks associated with harsh chemical ingredients used in peel formulas.

It's called the Ginale Skin Peel! I will be discussing it more in depth a little later in this guide and also discussing my experience with it.

It provides better results than having dermabrasion procedures, plus you will not have to deal with any pain, downtime, or risk of infection. The Ginale Peel is also much less expensive than dermabrasion and only requires 15 minutes to get amazing results with the very first use!

Please follow through to the next link to learn more and order the Ginale Skin Peel right now...

<http://www.myginale.com>

Chemical Peels

There are so many different types of skin peels available on the market today. Although the word "peel" seems to be overused, I will provide you with the top choices and stick to what I like to call real peels.

A real peel will remove several layers of outer skin revealing the healthy new skin underneath. If you have ever had sunburn and then peeled - you will know exactly what I mean by "new skin."

These peels work in a similar fashion. Here are the five most common peels available:

1. AHA Peels

Alphahydroxy acids (AHAs), such as lactic or fruit acids are the mildest of the peel formulas and produce light peels. These types of peels can provide smoother, brighter-looking skin for people who can't spare the time to recover from a medium or deep peel.

AHA peels may be used to treat areas of roughness or dryness, and uneven pigmentation (by being mixed with a bleaching agent.) Various concentrations of alphahydroxy acids may be applied weekly or at longer intervals to obtain the best result. Your doctor will make this decision during your consultation and as the treatment proceeds.

AHA's are also widely available over-the-counter, working very slowly over a long period of time to speed up the exfoliation process. They range in strength from 5% up to 20% generally. The stronger ranges (20% and higher) are reserved for more intensive peeling performed by a doctor or certified esthetician.

AHA peels may cause stinging, redness, irritation, and crusting. Temporary flaking or scaling may also occur. Eventually your skin should adjust to the treatment regimen and these symptoms will subside. If not, please consult a physician immediately.

AHA peels are only able to remove the two outermost layers of the skin - depending on the strength used. They can leave the skin softer and more even toned, but usually take many treatments over a period of three to six months to have any noticeable improvement.

AHA peels are usually priced by the peel or individual session. Cost ranges anywhere from \$75 (lower strength) up to \$200 (higher strength) per peel or session. You can also find them over-the-counter at even lower concentrations and pricing.

Although at first glance AHA peels seem to be a fairly inexpensive option, the ongoing costs and very limited results they achieve can cause them to be much more expensive in the long run.

2. Glycolic Acid Peel

Glycolic acid peels have become very popular today. Glycolic acid, which is a naturally occurring substance (alpha hydroxyl acid) found in sugar cane, softens and loosens the dry, dead cells that form a barrier layer on the surface of the skin.

During the glycolic peel process, the skin sheds these dead cells, and a new layer of cells is revealed resulting in a smoother, moister, and fresher skin surface. These types of peels do not damage or burn any live cells, and are only able to remove the two outermost layers of the skin - depending on the strength used.

Therefore, they are only good for helping skin tone and texture. They can leave the skin softer and more even toned, but usually take 4-6 treatments over a period of three months to be noticeable.

After every treatment you may notice a slight redness lasting no more than a couple of days. You may also experience skin flaking five to six days after the treatment, but this will eventually disappear.

Since glycolic peels are not strong enough to penetrate past the first two layers of the skin, they will not be able to do anything for deep acne scarring. Even higher strengths will have minimal impact on an individual's appearance when it comes to removing acne scars.

Glycolic peels are usually priced by the peel or individual session. Cost ranges anywhere from \$75 (lower strength) up to \$250 (higher strength) per peel or session. Although at first glance glycolic peels seem to be a fairly inexpensive option, the ongoing costs and limited results can make a big dent in your pocket book in a hurry.

3. TCA Peel

TCA (Trichloroacetic Acid) peels are a very effective way to remove the outer layers of skin and are used by dermatologists and certified salon estheticians for lightening and evening the skin. This treatment does burn the outer layers of skin and carries with it some discomfort and risk of infection. It all but removes the outer layers of skin and there is a healing time of about one and a half to two weeks.

TCA's come in several strengths and recently were approved for limited home use. However, I do not feel that these are to be fooled around with - this is a real acid and needs to be applied by a certified salon specialist or a dermatologist.

WHEREVER the acid goes it burns off skin. If it runs down the neck it will remove that skin, if it gets on the hands it will remove that skin, and if it gets in the eyes it will cause burns that can result in blindness.

By using a TCA peel the results can be good as it works deep enough to

help improve acne scarring. However, the peels can be and often are very painful.

Multiple peels must also be performed over a period of time to get really good results. Application of an antibacterial/antibiotic cream is required post peeling.

Total cost of a full-face TCA chemical peel averages \$2,000. If you wish to have only a portion of your face peeled, such as the area around your mouth or the area around your eyes, you will pay about \$1,200.

4. Phenol Peel

Phenol peels act in much the same way as the TCA peels but are very strong and are required to be performed by a medical professional. I don't recommend you to use Phenol peels, as they are being replaced by the milder glycolic and TCA peels in the dermatological profession.

If you can still find a dermatologist to perform a Phenol peel for you, the treatment will more than likely cost from \$3000 up to \$6000 for the entire face.

Ginale Skin Peel

Now with all the cost and risk of infection of additional scarring, you may be turned off by the idea of a face peel. Don't be!

There are alternatives that are – believe it or not – of a natural formulation and provide incredible results without the risks. I use a formulation developed by myself and top dermatologists at our lab right here in the USA!

This peel is so unique and effective it's patented. It contains only FDA approved ingredients and provides results like the Medium or TCA peel in the short term (first time you use it), and fantastic results over time similar to the Deep Chemical or Phenol peel.

The Ginale Skin Peels are a type of peel made from natural ingredients combined and processed in a precise method. The amazing thing here is that it produces results even better than that of the TCA peel yet does not burn the skin at all.

When our clients and I tested this peel we were all completely amazed... something that rarely happens for me. It took over 3 years to develop, but finally a pain free, risk free, skin peel that gives great results!

Anytime I am in public or in a television studio, I always get comments about the results the peel has given me. When I decided to recommend it to a few of my friends in the media who were ultra concerned about their skin, they were just as amazed with the results as I was.

A few months ago, we premiered this peel at a Skin Care Expo in Las Vegas and allowed medical and spa professionals to put it to the ultimate test.

Not only was it a huge success, but it received top ratings in every category! Something NO other skin care product had ever achieved!

The simple 3 step process for the Ginale Skin Peel can be applied by the average person without the fear of the complications of a TCA peel at much less cost.

The peel works by loosening the outer layer of skin 1 to 2 layers deep, preparing just the appropriate amount of skin to be removed.

The special peel cream then allows you to roll off the old layer of skin revealing brand new baby like skin. You do not have to apply any antibiotic creams during the process.

There is no stinging sensation for most people instead being replaced with a refreshing and skin invigorating sensation as the natural ingredients go to work. Amazingly, a peel that feels like a high end spa treatment and feels really GOOD!

It is why we always say you can lose the years without the tears. The peel and its ingredients are approved for home use by the FDA - this means they are 100% safe!

Because my clients were able to repeat the results I received I wholeheartedly recommend this product as the most effective and safe way to lessen and remove acne scars, as well as other skin irregularities like age spots, lines and wrinkles, hyper-pigmentation, and sun damage.

Reasonable in cost and very effective describes the Ginale Skin Peel. You can learn more about it by following the next link...

<http://www.myginale.com>

After Peel Skin Care

So what is the best way to care for the skin after any kind of treatment?
There is a natural answer.

For years I have been teaching my clients about what to use to take care of their skin. So many products contain harmful and skin damaging chemicals even though they might even be labeled as “all-natural” or “sensitive skin”.

The good news is that we have a proven product line on the market that works wonders on the skin no matter what issues you may be faced with! The product line is Ginale Skin Care and it truly does give you beautiful skin the way nature intended.

It is a naturally-based skin care line that has been developed for use on any skin type. The products actually contain the most powerful natural ingredients known today for maintaining and improving upon the results provided by our skin peels. Ginale is fast becoming the favorite choice for natural skin care.

Follow through to the next link to learn more about how Ginale Skin Care can help you...

<http://www.myginale.com>

Final Thoughts

I hope you find this guide helpful in the decision making process on your quest for smoother, clearer, and younger looking skin. Acne does not have to have a permanent place in your life nor do you have to suffer a lifetime of hiding your scars from this disease.

I hope you have found this guide to reducing acne scarring informative and helpful. We have come a long way in the field of alternative therapy regarding acne and its effects.

I wish you only the best of health and wellness!