

Published based on [How Acne Scarring Can Ruin Lives, And Why You Need To Treat Them Now](#)

How Acne Scarring Can Ruin Lives, And Why You Need To Treat Them Now



If you have ever met someone who thought that having [acne scars](#) was no big deal, it is a safe bet to say that that person probably does not personally have to deal with them. Anyone who has had to battle with unappealing acne scars knows what kind of havoc they can wreak on all kinds of parts of a person's life. Many people narrow down the issues caused by such facial blemishes as a "self confidence thing", but the problems caused by acne scarring are actually much more broad and serious than that.

Facial Scarring and Its Impact on Your Social Life

Consider, for example, the effect that not being able to have the self confidence to date successfully can cause someone. Like it or not, a lot of people's self worth comes from how they are perceived by others, and you definitely know when you're not found to be attractive.

The fact is that [acne scarring](#) can often be the difference between being noticed and being passed over, even though it is unfair. Anyone who has experience with dealing with such blemishes knows the truth in that statement. The bottom line is, it's not right that people with acne scars will have a harder time finding that special someone to complete their life.

Beyond that, acne scarring can also cause the kind of low self esteem that can keep you from meeting other goals, such as career goals. Studies have shown that, even with anti-discrimination laws, people who are considered to be "better looking" often get hired over those that are not considered to be. They also tend to get paid and promoted more often.



Again, it's not fair, but it does seem to be the way things go. This doesn't even take into account that if you are not comfortable with yourself, it will show in your interactions with others. Maybe you will make eye contact less, or you will not speak up in a big meeting because you don't want to be noticed, for instance. All of these things can really hinder your ability to have a successful career, without a doubt.

Perhaps most importantly, acne scars and similar facial blemishes will affect how you feel about yourself. Many people will tell you that feeling good about yourself is the most important thing in life, because how you feel about yourself will project towards others and will affect every single part of your life. When you do not like yourself, other people will be less likely to, also.

Being happy is essential in life, and how can you be happy if you are not happy with your appearance? So, while it may not be fair that looks are so overemphasized in society, the fact is that they are, and improving the quality of your skin will greatly improve the quality of your life.

Type of Acne Scars: Which Kind Do You Have?

Before we get into some of the solutions that are available to help you change your life for the better, let's discuss the different types of acne scars. This is important stuff to know, because you will have to tailor your treatment according to the types of scars you are afflicted with. Not all treatment methods will work for all different types of scars.

Some people are surprised to find that there are different varieties of acne scars, but when you learn about them, you will find that they are actually quite easy to distinguish from one another. Keloid scars are usually raised above the skin, which in some ways makes them easier to treat. They are often found on people's bodies, rather than faces, but that isn't always the case.

On the opposite side of the spectrum are boxcar scars and ice pick scars, which are about as pleasant as they sound, unfortunately. These scars are below the skin, and depending on their severity, may require specific methods of treatment in order to see a whole lot of improvement. The difference between the two is the shape involved, as boxcar scars are usually round or oval, while ice pick scars are often deep, but narrow.

Ice pick scars are often similar to what an open pore would probably look like, and are often the result from an infection coming from inflamed acne. Meanwhile, boxcar scars range greatly in severity, which has to do with the amount of tissue damage and loss from collagen destruction, also resulting from inflamed acne breakouts.



Acne Scars Home Remedies: Affordable and Easy

One of the best places to start when trying to deal with acne scarring is with home remedies. This is because these treatment methods are very cheap, easy to do, and may be more effective than you think. Here is a rundown of some of the best home remedies for acne scars treatments, along with why they work and what types of acne scars they will work best on.

Many types of juices can be applied to acne scarring for great results, mostly due to the natural acids that are contained in the juices themselves. The juices from lemons, tomatoes and cucumbers can be used, for instance. Lemon juice can be applied directly to the scars with a cotton swab or ball.

The idea is to let the lemon juice sit there for several minutes, before washing it off with some water. This usually has the effect of lightening scars that are darker in color. You can apply a sliced tomato to your skin to help heal damaged areas as well, and cucumber juice will heal your skin and help with inflammation.

Other great and simple acne scar home remedies include placing ice cubes on your acne scars to make the pores smaller and soothe your skin, or mixing sandalwood with rosewater to make a paste that can be applied to your skin overnight, which will give you some very nice results over time, as well. These methods will produce improvement with any types of acne scars, though improvement may be more impressive with less severe types of scars.

Keep in mind that most of these types of solutions are not going to magically remove your acne scars. What they will do, however, is minimize their appearance and help with inflammation, discoloration, and many other problems. Of course, they also do this at a fraction of the cost of many other types of acne scarring treatments, too.

For this reason, they may be best advised for those with less severe keloid acne scars, or for those who are pursuing other treatment methods, but want to improve the appearance of them in the meantime.



What About Acne Scar Treatment Products?

Of course, there are a number of acne scar products on the market. These can be found in stores, and also on the web, where you can actually find a lot of excellent products for dealing with acne scars. A lot of the key with choosing a good acne scar product has to do with your own personal preference. Here is a brief overview of some of the more notable products out there.

A lot of the best types of acne scars products are found online, and [Zenmed's Scar and Hyperpigmentation Treatment](#) line is definitely one of the best. It includes a microdermabrasion complex that can be used at home, along with their popular skin eraser, which is great for all types of blemishes. This type of treatment can be used for all types of acne scars.

Another good product to try is [ScarGuard's ScarCare](#) treatment cream, which is especially effective against newer scars. DermaNew also has great products, including their Microdermabrasion Total Body Experience, which many users are fond of because it contains no oils whatsoever.

The bottom line is to get out and read product reviews and go with the treatment that you think best fits your needs, goals, and types of acne scars (along with the severity of those scars). Consider asking around if you know anyone who has tried acne scar removal products, also!

Drastic Measures: Acne Scars Surgery and Dermatological Procedures

Depending on how ambitious your goals are for your skin's quality and how severe your acne scars are, you may find that you can't accomplish what you want without getting a dermatological treatment done by a professional. This could include anything from chemical peels, which are a fairly easy procedure which is even offered by day spas, to full-blown surgeries.

Procedures such as chemical peels are best for superficial boxcar scars or keloid scars, since they only target the top layer of the skin. This is also true for most laser treatments (though it varies according to the intensity of the laser used) and collagen injections. For severe scars such as icepick scars, you may require punch excision or a similar treatment that will "fill in" those holes after removing the damaged tissue.

The bottom line here is that you don't have to be resigned to having acne scarring forever! If you are truly unhappy with how your skin looks, it is up to you to take measures to improve it. By trying any number of these methods, you can get on your way to having healthier skin and being a happier person.

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