

# Three Skincare Ingredients to Consider for a Clearer Complexion

Say goodbye to those pesky pimples just in time for spring cleaning

By Abby Tiska

Acne vulgaris, or acne, is the [most common](#) skin disorder in the United States and affects roughly 50 million people. For some, acne is a minor inconvenience. For others, it seems like the end of the world.

Don't fret. In today's market there are countless products to help banish breakouts, but where to begin? We've all heard of salicylic acid and benzoyl peroxide, but what else is there? You can start with these three ingredients and put your best face forward.

## 1. FOR AN EXTREME CLEAN: GLYCOLIC ACID

Glycolic acid is an alpha hydroxy acid derived from sugar. Alpha hydroxy acids, according to [the Food and Drug Administration](#), are used as exfoliants to shed surface skin and improve the overall quality of skin.

"I truly feel that the way to combat acne is to keep that skin exfoliated so that you don't have clogged pores being stuck under dead skin," says Devynn Grubby, a medical esthetician at [Will Surgical Arts](#) in Urbana, Maryland.

Grubby says glycolic acid can also help with discoloration by treating existing marks from past breakouts, but may be too harsh for some.

## 2. FOR DIY-ERS: ALPHA HYDROXY ACIDS IN FOOD

Sometimes it's okay to put food on your face. For those who don't want to spend a pretty penny and don't mind some extra work, this is for you.

"Honestly, it saves you so much money and there are so many natural ingredients that are in food that people just don't think about," says Laura Schoffstall, an esthetician at Taybella Wellness Spa in Mechanicsburg, Pennsylvania.

Schoffstall applies lemon juice with a cotton ball to blemishes as a spot treatment, using the citrus to dry the pimple out. She also says she makes masks using oranges, for their vitamin C, and plain yogurt, which contains lactic acid, an alpha hydroxy acid. Sensitive skin need not worry, but a patch test is recommended first to see how your skin reacts.

## 3. FOR SKIN THAT'S SEEING RED: WITCH HAZEL

Witch hazel has been around for centuries and is considered a tried-and-true ingredient for the skin.

"Witch hazel is a really, really nice clean on the skin and I actually recommend that to clients all the time," says Grubby.

[The National Institute of Health](#) cites the botanical as having anti-inflammatory properties that soothe breakouts and calm red, inflamed skin, while acting as a natural astringent to remove excess oil.

The best time to use witch hazel is when you're sweating since the pores are open and ready to absorb anything entering the skin, adds Grubby. She suggests taking witch hazel wipes with you on the go to maintain a fresh face.