

# Health

## The Best Acne Spot Treatments, According to Dermatologists

Bella Gerald | June 27, 2017

Bad breakout? Dermatologists swear by these powerful spot treatments to shrink a blemish, fast.



Sudden breakouts are incredibly frustrating. And even if you eat a healthy diet, wear makeup that won't clog your pores, change your pillowcase regularly, and use acne-fighting skincare products (such as cleansers that contain ingredients like salicylic acid), you can still wake up to the unpleasant discovery that a pimple has pushed its way to the surface of your skin.

The good news: Topical spot treatments can quickly and effectively aid in the skin's healing process, shrinking existing pimples and preventing acne scars from forming. But with so many products on the market, it can be difficult to figure out which zit-zapping formulas are the most effective, so we turned to skincare professionals to get their expert opinions. Here, six powerful acne spot treatments that dermatologists swear by.

### 2. Peter Thomas Roth AHA/BHA Acne Clearing Gel

San Francisco-based dermatologist **William Kwan**, MD, swears by this treatment—and its powerful ingredients. "It has a combination of glycolic acid (AHA) and salicylic acid (BHA)," he explains. "These are helpful to exfoliate the comedone and heal the acne." Dr. Kwan also likes that this gel contains licorice extract, which helps lighten dark spots left behind by past blemishes.



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