

How to Deal With Spots Whatever Your Age

There are a lot of people, both adults and teenagers, who develop spots on the face. There are a few terms for spots, whether it be a zit, a boil or a pimple. If there are a large number of spots on the skin at any one time then a person is said to have acne.

The other terms such as zits especially is nothing more than a slang term, and regardless of what people call spots, people feel ashamed when a spot appears, and do not feel as attractive or even confident.

In fact, and this is quite funny, that the use of the word zit to describe a spot, is so popular that it is now featured in the dictionary.

Regardless of what the slang term is and regardless of the fact that a word now appears in the dictionary, it still does not take away the fact that you have a number of spots on your face and you want them to go. There are people who are very obsessed with their appearance and cannot handle the appearance of a spot.

In some cases they will just hide away from society as they feel that they have done something wrong and that is the reason that they have a spot. Getting a spot is nothing to be ashamed of and all it is, is your body telling you that there is something wrong internally, so you have the opportunity to at least be able to correct any imbalances.

People can feel quite embarrassed with the fact that they have spots, especially teenagers, as it is at this age that they are very aware of their image, and they will do anything to be able to look and feel fabulous. They sometimes feel that spots or zits have actually ruined their face and also their lives.

There are a number of factors about spots that people should be aware of:

Spots are usually caused by hormonal changes and this can happen at any time and also under times of stress. Spots are not just for teenagers and can also appear in adulthood.

Wherever there is excess oil, and dead skin cells have the opportunity to become trapped, that is where spots can develop. So this can mean that spots can appear on the face, neck, back and even the shoulders. There are some instances, although not very common, that spots can appear on the scalp.

It goes without saying that sometimes before you see a person, you see the face full of spots. It is a sad but true face. The person with spots knows this and as a result will want to get rid of their spots as quickly as possible. One common method is to pick the spots, and whilst this might seem the logical thing to do, it can actually be the most dangerous. Picking or squeezing of the spots should be something that you should never do, even if the pus from the spot looks like they are about to burst.

About the Author

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