

Health & Beauty

# 7 Breakthrough Beauty Treatments for 2018, According to Dermatologists

Gamechangers in skin care, hair care and more to help you look (and feel) your best

by LINDSAY TIGAR | COMMENT



Acne and acne scarring will be treated at the same time As magical — and relieving — as it would be to wake up at the age of 21 and bid all of those pesky zits away, it's estimated that up to 55 percent of the population battles adult acne. Thanks to hormones, hyper-sensitive skin and a slew of other causes, breaking out can sometimes be a lifelong struggle. Though it might seem like a slight adjustment, dermatologist **Kristina Goldenberg** explains the new dermatological approach to this all-too-common condition might be a confidence-builder for acne sufferers. Instead of working to get rid of the current breakouts before providing a plan to decrease the appearance of scars, more derms are treating both simultaneously. How come?

According to new research, even mild zits can leave a noticeable indent, making it more important to address both acne and scarring. Now, derms will combine acne treatments with chemical peels, laser treatments, microneedling and other anti-inflammatory approaches that provide a double-whammy treatment process, according to Goldenberg.

