

A New At-Home Treatment Could Help Cure Your Acne Once and For All

Could this be the answer to your clear-skin prayers?

BY REBECCA NORRIS, August 15, 2016



PHOTOGRAPH BY SHUTTERSTOCK

You probably thought you'd leave your [acne](#) worries behind once you exited your teen years. Yeah, we wish that were the case. Sadly, adult acne is a pretty common condition. But now, a popular at-home treatment is promising to curb your breakouts—for good.

Yep, LED gadgets are currently all the rage among the pimple prone. The devices target zits with beams of blue light—sounds pretty futuristic, right? Here's what you need to know:

How Does Blue Light Work to Treat Acne?

Acne is a condition with multiple triggers, says Rebecca Kazin, M.D., of the Washington Institute of Dermatologic Laser Surgery and the Johns Hopkins Department of Dermatology. But blue lights only work on bumps caused by the *P. acnes* bacteria, explains Kazin. "By shining the light on the skin, it kills the *P. acnes* bacteria," she says. Zits caused by hormonal changes, stress, or diet, for example, won't be treatable with blue light.

You're supposed to use the blue light device every day until you start seeing results (generally for about 10 minutes at a time). Then, once your skin has cleared up, you only need to use it a couple times a week for maintenance. Generally, brands say your complexion should be significantly clearer after three months of regular use. As for how it feels, "You really can't feel it at all," says Kazin. "There should be no pain, heat, or discomfort."



cynmarietherapy



Instagram

[So, Should You Buy a Device?](#)

Everyone has *P. acnes* present on their skin, says Kazin. “In some people, it gets to a level that's higher—usually around puberty—where it becomes problematic,” she says. That being said, the *P. acnes* on your skin might not be to blame for your pimples—and the only way to truly find out if this is the cause of your zits is to visit your derm, says Kazin. “It's only a good investment for someone with acne triggered by *P. acnes*,” says Kazin. “If it was that much of a wonder drug for spot treatments, we'd all be doing it.” According to the National Institutes of Health, if *P. acnes* is to blame for your bumps, you probably suffer mostly from whiteheads and blackheads, as opposed to the deep, red, or painful pimples common among cystic acne sufferers.

[Still Want to Give It a Try? Here Are Our Picks](#)

Tria Acne Clearing Blue Light (\$299, triabeauty.com)

This FDA-cleared machine penetrates the surface of the skin to kill bacteria. And even though it's super pricey, the company says that if your acne isn't gone in 90 days, they'll give you a refund.



Silk'n Blue Acne Solution Device (\$149, silkn.com)

This tool has a built-in sensor that ensures it won't overheat and burn your skin.



Conair True Glow Light Therapy Solution (\$60, conair.com)

This device is tiny (it'll fit in the palm of your hand!). Yet, it's still powerful, with 24 medical-grade bacteria-killing lights.



The bottom line: "It's probably not the treatment for you if you have super severe acne," says Kazin. "It's not the end-all, be-all. You have to find what works for you and your skin, so there's some trial and error involved. Success also depends a lot on compliance and sticking to the suggested usage protocol."