

# Blue Light Acne Treatment - New Miracle Acne Cure?

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Author: Daniel Wright, publisher of [The Acne Help Pages](#), an extensive resource of information on acne, its causes and treatments.

Can **Blue Light Acne Treatments** really be the answer that you have been searching for? Blue light acne treatment is one of the latest trends in the medical field when it comes to the treatment of acne. The FDA has now approved this therapy and many acne sufferers are using it on a daily basis. One of the most distinctive advantages of using this type of therapy is that the process is completely natural and non-invasive. A number of major studies and research projects have been conducted to study this type of acne therapy and the conclusion has been reached that the blue light acne treatment is a very effective way to treat acne.

## Blue Light Acne Treatment Principles

The basic idea of the blue light acne treatment is to ultimately destroy the bacteria causing the acne in the first place. Physicians affirm that this therapy is absolutely safe for all ages and can be used on a daily basis. Blue light therapy systems provide acne treatment that is mild and non-invasive when used alone or as a part of photodynamic therapy.

Relatively quick and easy, blue light acne treatments do not cause pain or discomfort for most patients during exposure to the light, and they can also resume their normal daily activities right away following a treatment session. Treatment sessions are normally spaced one to two weeks apart to allow the complete effects of the treatment session to become visible. Blue light therapy simply targets the sebaceous glands, not the surrounding tissues, thereby only killing the bacteria that are the source of acne. Many patients observe remarkable improvement in their acne after two to four weekly treatment sessions.

## Blue Light Acne Treatment Side Effects

Many believe that the blue light acne treatment has no unfavorable effects since this method only tends to have mild side effects, which usually involve short-term pigment changes, some swelling of the treated areas, and dryness. While the side effects of this therapy are minimal, most of the experts have concluded that the therapy is more effective for patients who only suffer from inflammatory acne lesions.

With all of the above noted findings, countless people have considered blue light acne treatment as a major advance in the treatment of acne. It could be a wonderful option for acne patients who have had only minimal effects with the older, more traditional therapies. Blue light acne treatment is rapidly becoming well known throughout the world thanks to television advertisements and the ever-growing wealth of information on the Internet. Many have even considered this new therapy to be safe for daily use. Obviously, **blue light acne treatment** is one of the most up-to-date and latest trends in the medical field today.