

## BLACK DOTS ON THE FACE

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### Abstract:

Unfortunately, black dots on the face often appear in girls, because their facial skin is more oily and the pores of the sebaceous glands are wider. This condition not only causes aesthetic discomfort, but also makes the skin look like a lemon peel, and the pores of the sebaceous glands become an ideal environment for the growth of bacteria. The causes of black spots on the skin can be very different.

Dirt and dust on the skin. The main reason for the appearance of black spots is dust and dirt on the skin, and as a result, the pores are blocked. This is mainly due to the limitation of daily washing of the skin and insufficient care. At the same time, it is very important not only to wash off makeup and dirt with water, but also to periodically perform scrubs, masks and other useful treatments. They help to completely remove the dirt and dead cells that clog pores.

Face masks→

Malnutrition. Another reason for the appearance of comedones is improper nutrition. Excessive consumption of alcoholic beverages, sweet pastries, spicy and fatty foods affects the condition of the skin - naturally, not in a positive way.

Touching the skin with the hands also leads to the appearance of black dots on the face, especially on the skin of the face, because a large amount of dirt and germs accumulate on the fingers.

Hormonal changes. In adolescence, during menstruation, pregnancy and climax, skin inflammations may be caused by the activity of hormones.

Excessive cleansing of the skin. Yes, that is also true. If the face is washed with soap several times a day, wiped several times with lotions or tonics and finally disinfected with alcohol, then the protective layer of the face can be completely destroyed.

Smoking. In addition to this harmful habit making the skin dull and old, tobacco smoke also stimulates inflammatory processes in the skin.



## HOW TO LOSE BLACK POINTS ON THE FACE?

Removing blackheads is a long and complicated process. The convenient part is that the procedures can also be performed at home, but in this case, all steps must be performed correctly in order not to damage the skin.

### STEAMING

The easiest way to clean the face from blackheads is by steaming. This method is suitable for removing comedones on the nose, chin, cheeks, ears and even lips. First, you need to thoroughly clean and wash your face, and then you can start steaming. The treatment is usually carried out using steam baths: water is poured into a bowl, boiled, and then the face is held over the steam for about 10 minutes. To achieve a better effect, you can cover your head with a towel, and add medicinal herbs to the water: for example, chamomile.

After the face is sufficiently steamed, blackheads can be removed independently, but one must be very careful not to infect the skin. Before the procedure, it is necessary to disinfect the hands and make sure that there is no dirt under the nails. Comedones are removed as follows: with the help of fingers, the black point is pressed from both sides, if the skin is steamed enough, the dirt will come out by itself.

Important: if possible, you should entrust such a facial cleansing procedure to a professional beautician, so that the possibility of inflammation and infection is minimal. So, we learned how to get rid of blackheads on the face and body. But, as you know, prevention is the best cure, so it is necessary to dwell on what to do so that black dots do not appear at all.

The most effective way to prevent the appearance of black spots is to properly and, most importantly, regularly clean the skin of the face. At night, make-up should be washed off, scrubs and masks should be used, and pore-tightening products should be used.

Do not forget to clean your face in the morning. It's a common misconception that skin stays clear overnight. In fact, the skin renews itself during sleep, and by morning it contains dead cells that need to be removed before the oil clogs the pores.

In addition, walking in the fresh air and following a proper diet not only helps to prevent the formation of black dots on the face, but also has a positive effect on general health. Fruits and vegetables provide the necessary vitamins to the skin, and eating less fatty foods reduces the production of oil on the skin.



Rinsing the face with cold water after any aqueous treatment will cause the facial pores to shrink naturally.

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