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This Simple Betadine Cure For Acne Will Surprise You



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USP, 16 Fluid Ounce) applied to cleanse the skin pre-incision. That 'brown stuff' is called Povidone-iodine—brand name, Betadine—the just-in-time antiseptic for the skin.

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Povidone-iodine is a non-antibiotic antiseptic that kills bacteria, fungi, and viruses that cause or perpetuate infections and wounds. The mere bacteria that cause pimples wouldn't stand a chance. **SAW IT IN ACTION AS A SPECTATOR, THEN YOU'RE FAMILIAR WITH**
But don't go rubbing this stuff all over your face as a just-in-case measure. According to researchers at UCLA, we all possess acne-causing bacteria, but there are good and bad strains, which is why some of us suffer horrific breakouts and some of us don't. "We learned that not all acne bacteria trigger pimples," explains Dr. Huiying Li, assistant professor of molecular and medical pharmacology at UCLA. "One strain may actually help keep skin healthy."
[HTTPS://WWW.CHARLOTTEBOOK.COM/HO](https://www.Charlottesbook.Com/How-To-Get-Rid-Of-A-Pimple-Betadine-Solution/)

How to Get Rid of a Pimple Using Betadine

TO-GET-RID-OF-A-PIMPLE- **BETADINE SOLUTION/).**

The best way to use **Betadine solution** to effectively wipe out a breakout without harming the friendly bacteria: apply it as an overnight spot treatment. Dab it on pimples you can actually see as well as the ones that you can feel festering under the surface of your skin. The **Betadine solution** will heal the

infection on the surface and even blast the bacteria in a burgeoning blemish before it peaks, allowing for prompt healing without leaving a scar.

To avoid defeating the purpose, use a sterile cotton swab. Our pick: [Betadine Swab Aid Antiseptic Pads](https://www.amazon.com/gp/product/B002C30RLA/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B002C30RLA&linkCode=as2&tag=charlottesboo-20<1=_new) (https://www.amazon.com/gp/product/B002C30RLA/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B002C30RLA&linkCode=as2&tag=charlottesboo-20<1=_new), \$13. And no popping or picking! Sit on your hands if you have to.

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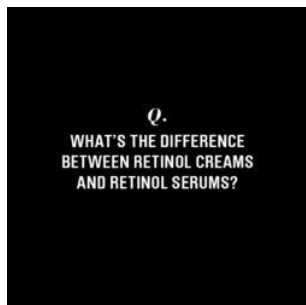
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Ellen Grace Jones, self-confessed beauty junkie, is the editor of Lifestyle For Women magazine and founder of The Real Runway.

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