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Skin Tricks: A Smart Way to Treat Bacne

BY ALISON CAPORIMO, EDITORIAL ASSISTANT, SEPTEMBER 29, 2010, 9:00:00 AM

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During a recent facial at plastic surgeon Adam R. Kolker's office in New York City, I got a really great treatment—and a bunch of skincare tips, including one about how to treat bacne. Half of the problem for skin in that area is that it's just plain hard to reach to apply any creams. But Jordana Mattioli's tricks were both clever and practical, so I thought I'd share!

Reach out. Start off by putting benzoyl peroxide on a plastic spatula and applying it to the hard to reach areas of the back. Peroxide kills the bacteria that causes bacne in the first place. We like **Neutrogena On-the-Spot Acne Treatment**.

Spritz on. Once your back is dry, put an acne-fighting toner into a spray bottle and spritz it on. The toner will keep out any further bacteria that may arise from sweat. We like **Clinique Acne Solutions Clarifying Toner**.

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