

6 spot-busting treatments recommended by dermatologists

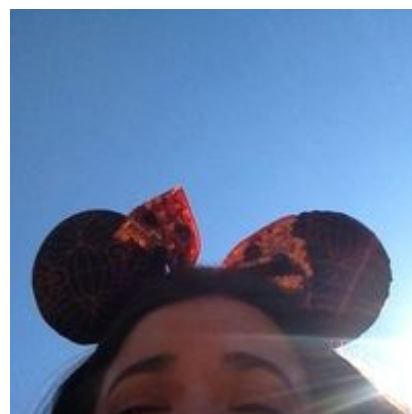
www.cosmopolitan.com/uk/beauty-hair/g15851948/best-spot-treatment/

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We got the experts to come to the rescue.

By [Laura Capon](#)

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When it comes to spots (aka the most unwelcome of face visitors), you want to treat those buggers immediately and hopefully try and stop them making a reappearance in the future. Which is why we decided to go to the experts for help, the ones who dedicate their lives to making skin look its best.

Whether you suffer from acne, hormonal breakouts, or just the occasional gigantic cyst spot that even the most industrial strength concealer won't cover, here is our roundup of the best spot treatments that the dermatologists, aesthetic doctors and celebrity facialists rate.

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Obagi

Best spot treatment: Obagi Exfoliating Day Lotion

"I like the Obagi exfoliating day lotion, it contains glycolic acid, hyaluronic acid and camomile. Glycolic acid to unblock the pores, hyaluronic acid to prevent your skin from getting too dry and camomile is great for inflamed skin such as acne."

- **Dr Sarah Tonks, Aesthetic Doctor.**

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