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What REALLY Works To Treat Acne

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Spirolactone: Yes

Better known by its nickname, Spiro, this prescription-only pill is largely effective in treating hormonal acne. (If you're solely dealing with blackheads and whiteheads, don't even bother.) This anti-androgen drug works by limiting hormonal fluctuations, which in turn reduces the number of breakouts. "It's not a hormone, and it doesn't change anyone's hormonal levels," says Dr. Graber. "It just makes it so the hormone can't attack the skin." Plus, it's safe to use for years, says Dr. Graber. One caveat: If you're planning to get pregnant, you'll need to stop using spiro.



ILLUSTRATED BY ELLIOT SALAZAR.