

FACE & BODY

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Sun Protection For Face
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Hand Care
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Anti-Ageing Skincare Products
Products for Skin Redness
Baby Skincare
Irritated & Damaged Skin
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Lipikar Range
Hyalu B5
Hydraphase
La Roche-Posay Thermal Water
Redermic: Retinol for Sensitive Skin
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VIEW ALL FACE & BODY





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Sunscreen Product Types
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Cream Sunscreen
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After Sun
Sunscreen Stick
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Sunscreens and Sun Skin Concern Products
Sunscreen For Oily Skin
Face Sunscreen
Sunscreen for Combination Skin
Sunscreen For Dry Skin
Kids and Babies Sunscreens
Suncare for Body
Sunscreen for Sport
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Sunscreen Ranges
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Posthelios Aftersun
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FIND YOUR PERSONALISED ROUTINE
FOR BLEMISH-PRONE SKIN
START NOW



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SKIN ANALYSIS
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START NOW



HOW TO GET RID OF SPOTS FAST

A breakout or pimple is always frustrating, but if you have a big event coming up where you want to look your best, it can feel like a crisis. So what should you do if you want to get rid of spots fast without causing marks and scars or irritating the rest of your face?

Read on to find out how to deal with a breakout and the targeted spot treatments that can help.



Use targeted spot treatments with pimple-shrinking ingredients

One of the most effective ways of tackling a pimple is with a targeted spot treatment with pimple-shrinking ingredients. These include actives such as:

- Salicylic acid
  Salicylic acid dissolves dead skin cells and prevents hair follicles from clogging the skin. While it can be a little irritating on sensitive skin types, it's ideal for use in targeted spot treatments.

Highlighted Categories

How To

Ingredients

Product Tips

Skin 101

Skinpedia

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- Benzoyl peroxide
  This is a common ingredient used in acne medications as it is very effective at treating bacteria in the skin. As such, it's often used in targeted spot treatments.

- Azelaic acid
  This is a natural acid found in rye, wheat and barley. It kills microorganisms in the skin and reduces inflammation.

- Retinoids
  Retinoids are derivatives of vitamin A and proven to accelerate skin-cell turnover in the skin. This makes them very good at removing dead skin cells and preventing clogged pores. They should be used carefully though as they can cause some irritation and make the skin more photo sensitive.

Apply a spot patch

Spot patches are a popular and effective way of helping a pimple to heal and disappear. They're usually made from clear pieces of hydrocolloid gel and saturated with active ingredients. They are then applied directly to the blemish and left for a few hours or overnight. This enables effective absorption and supports spot healing.

Spot patches such as La Roche-Posay Effaclar Duo+M 3H Spot Patches are clinically proven to reduce spots by forming a shield around them, pulling out impurities while keeping moisture balanced. With 420µm hydrocolloid technology, they also enable effective absorption and support spot healing.

Apply ice

If you've woken up with an angry, red spot, experts advise fighting the urge to pick and squeeze it and apply ice instead. This is believed to reduce swelling and calm redness due to the way ice constricts blood vessels and reduces inflammation. Take care to wrap the ice in a clean cloth before applying to avoid irritating the skin.

DON'T pop your pimple – and avoid further irritation

It can be incredibly tempting to pick and pop a spot, especially when you can see a white head. Dermatologists, however, advise not touching the spot at all as squeezing it can cause scarring and dark marks and leave it looking far worse than it did before. It also delays the healing process. Likewise, you should also avoid using very hot water on the spot, scrubbing it with harsh, irritating skincare or overwashing the skin. This can compromise the skin barrier and leave it dry and sensitive.

Visit a dermatologist for rapid spot reduction

If a spot has appeared before a big event such as your wedding day, you'll be looking for quick fixes to reduce its size fast. One of the best ways to do this is by calling on the experts so make an appointment with a dermatologist for help. They can provide professional treatment to help get rid of the spot as quickly as possible such as injecting the spot with cortisone - a medication used to reduce inflammation in the body. However, treatments like this are expensive so should be reserved for emergencies. You can then work with your dermatologist on a longer-term plan for managing spots and breakouts.

How to shrink spots overnight

If you need to shrink a spot overnight, resist the urge to squeeze it and follow our essential pimple-busting tips.

Step one: Cleanse the skin with a gentle cleanser such as Effaclar Purifying Foaming Gel
Step two: Apply ice to calm any inflammation
Step three: Apply your usual skincare including a targeted serum and lightweight moisturiser such as Effaclar Duo+ M.
Step four: Apply a pimple patch such as Effaclar Duo+ M to protect the spot and help it heal overnight.

Discover La Roche-Posay Effaclar Duo+M 3H Spot Patches

If you're prone to breakouts and blemishes, it's good to have a tried-and-tested routine at your fingertips to help manage them. Maintaining a targeted skincare routine that's suitable for your skin type is essential as well as having products on hand such as La Roche-Posay Effaclar Duo+M 3H Spot Patches.

Ask a La Roche-Posay ambassador

Don't forget to visit a dermatologist for more advice on managing blemishes and creating a long-term plan.

Add Effaclar Duo M+ 3H Spot Patches to your skincare routine today and heal and reduce spots fast.

How to Get Rid of Spots Fast FAQs

How can I get rid of spots fast without popping them?

Can you get rid of a spot overnight?

What are the best ingredients to shrink spots fast?

I have an important event coming up – how can I get rid of breakouts fast?



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153 of 165 reviewers received a sample product or took part in a promotion

One size

12 SMALL PATCHES & 10 ...

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RECOMMENDED BY DERMATOLOGISTS

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LA ROCHE-POSAY

At La Roche-Posay, when we look at skin, we see people.
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Proudly the **N° 1 Dermatologist recommended brand** in the UK*
Study of 78 Consultant Dermatologists Jan-April 2024
To verify this claim, click here

Proudly the No 1. Dermatologist recommended sun protection brand in the UK*
*Study of 77 UK Consultant Dermatologists Jan-April 2024 (prompted recommendation).
To verify this claim, click here

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*Study of 78 Consultant Dermatologists Jan-April 2025. For more info visit
https://www.laroche-posay.co.uk/en_GB/no1claim2025.html

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*Study of 78 UK Consultant Dermatologists Jan-April 2025 (consultants who recommend or prescribe a dermocosmetic product for photoprotection, prompted recommendation). For more info visit
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#SKINISMORETHANSKIN

SUNSCREEN

Product Type
Skin Concern
Range

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Skin Care
Body Care
Skin Concerns
Ingredients
Ranges

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†The worth values are calculated on the ML for ML comparison on LaRoche-Posay.co.uk

LA ROCHE-POSAY IS THE NO. 1 DERMATOLOGIST RECOMMENDED BRAND IN THE UK: Study of 78 Consultant Dermatologists Jan-April 2024.
Study of 78 Consultant Dermatologists Jan-April 2024
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