

How to Stay Acne Free

Have you tried in desperation to deal with your acne? Have you attempted all the over-the-counter medications in the drugstore? There are people just like you... everywhere. Trying different medications to stay acne free can actually cause your face to irritate due to the diverse chemicals that upset the skin's Ph balance. A natural acne treatment is the best way to replenish your skin's health and you stay acne free. Fundamentally, a natural acne treatment to stay acne free involves changing your eating habits, cleansing your insides and utilizing various remedies to provide nutrients to the organs. A prescription medicine, harsh chemical and junk or processed food with food additives would hinder your acne free skin greatly. Although severe acne needs serious attention, mild to moderate acne can be acne free effectively by using a natural acne treatment with herbs. These natural herbs will help you remain acne free. This essential acne treatment is not from a foreign plant or uncommon species. This natural acne treatment is actually a part of ordinary products and oils found in your grocery store anytime. Spices keep your face, digestive system and immune system well. Although they can do so much for you, they must be used in moderation if you want to be acne free. Raw spices can be used for ways to make recipes to stay acne free. As you may have guessed, fruits and vegetables are also a part of an acne treatment. They are both luminous for your skin when applied straightforwardly. This is due to of the minerals, essential oils and antioxidants. Vegetables such as asparagus are said to cleanse your skin from its extreme oiliness. You can remove the juice of vegetables, and put them on your face for several minutes a day. Regrettably, the acne treatment does not make you acne free overnight. You have to wait about 5 weeks before you start to notice serious results. Because fruits and vegetables hold a lot of water, they help you rid toxic body chemicals. Water also transports nutrients to your body. Exfoliation is another acne treatment necessary in keeping skin acne free. Exfoliating sloughs off dead skin cells, also. Here is an example, use flour from your kitchen and add a minute bit of turmeric and a small number of drops of coconut oil to make your special face mask. The mask will soften your face and remove dead cells.

About the Author

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