

## Natural Acne Remedies: No Pain, All Gain

During puberty, our skin's oil-secreting glands especially on the face go into overdrive. As a result, blackheads and pimples will start appearing usually on our facial skin, skin on the back and shoulders are not spared too. It was once thought that acne resulted from eating the wrong foods, typically fried and oily stuff. However today we know that acne, in addition to oil gland secretions, has also a lot to do with heredity and stress. Cystic Acne

Cystic acne is a severe form of acne condition that can cause serious aberrations and scarring of the face. They are usually treated with antibiotics and special cleansing products. The great majority of these cleansing products, prescription or over-the counter contain alcohol that sting the skin and sometimes dry it to the point of redness and pain. Try Natural Remedies Instead!

For acne, natural remedies are not only effective and safe, but they do not cause skin redness and peeling, nor are they painful. The natural acne remedies also contain no alcohol, so they do not dry the skin, nor do they sting when applied. Will Natural Acne Remedies Work For You?

When prepared by a skilled practitioner and used correctly, there's every possibility that natural acne remedies will prove to be safe and effective. The key to these products is choosing the right combination of natural herbal substances for the right person. For example, boys' skin is coarser than girls' skin; the practitioner may choose to add some Melissa (lemon balm) to a boy's product to insure that the product penetrates into deep skin levels. Natural acne remedies contain a base, plus a combination of oil control and skin soothing plant and herb derivatives. Natural skin cleansers, toners, make-up removers, and lotions can all be formulated to control acne. The product base is usually a hydrosol, which is distilled water infused with the essence of steamed leaves of plants and herbs. With natural acne remedies, neither alcohol nor witch hazel is used, only the gentle hydrosol base of rose, sandalwood, aloe, chamomile or lavender. Into the base, the practitioner adds a combination of 100 percent therapeutic-grade essential oils. This sounds like a peculiar way to treat acne naturally; using oil to control oil. Pure essential oils are different; not only are they used in very small quantities, but they are oils that don't clog the skin's pores as the skin's natural oils do, so they never cause blackheads and pimples. Favorite essential oils for acne control are burdock root, borage oil, calendula, chamomile, evening primrose oil, red clover, blackcurrant oil, and lavender. Practitioners have high praise for lavender as a general natural acne remedy and the only essential oil that can be applied to the skin undiluted by a hydrosol.

## About the Author

Contains information about organic farming, environmental and health issues, and recipes. Large North American grower.

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