

Natural Skin Care Remedies for Treating Acne

Even adults can get acne. And you'd thought you'd left all of the indignities of high school behind. Unfortunately, around 50% of all adults will suffer from acne problems, most of them women between their 20s and 40s, who may develop the condition due to hormonal changes. Many women are actually prescribed birth control pills in order to counter the effects of the hormones and restore the body to its correct hormonal balance. That is supposed to do away with the acne as well. However, this article is about natural remedies for fighting acne. The reason to use natural remedies is simple: they can be quite effective and they come with fewer side effects. They are less likely to cause sensitivity and irritation of the skin. One such natural remedy is salicylic acid, which is a product derived from fruit. Salicylic acid can help the skin return to normal by causing it to begin shedding of dead skin cells, which releases the congestion that has clogged up skin pores and made your skin prone to acne. Once the skin has become unclogged due to salicylic acid, the skin can function more naturally and the acne should clear up in time. Many dermatologists perform salicylic acid peels to help their clients unclog their pores and have smoother skin. Natural clay masks can be very good for treating acne problems. You can make a face mask using a single tablespoonful of Fuller's Earth or kaolin clay mixed with rose water. Apply the natural clay mask on your face and let it stay for 10 minutes, then rinse it off with lukewarm water. Also good for treating acne is natural tea tree oil, a product of the melaleuca plant. Melaleuca oil or tea tree oil is a natural antiseptic and antibiotic that can be used to kill off acne-causing bacteria. It also has anti-inflammatory properties. It does not cause dryness and irritation as much as prescription acne medicines, although it should be used in low concentrations as tea tree oil may trigger allergic reactions when used in high concentrations. Witch hazel is a traditional medicine that contains numerous tannins and volatile oils, which are natural astringents. Applying products containing witch hazel can help unclog your pores and tone and soothe your skin.

About the Author

Focuses on the 1920s oil boom. Includes details of exhibits, events, programs, and hours. Located in Smackover, Arkansas.

Source: <http://www.productsherbal.com>