

Acne: Home Remedies

Modern science has yet to find a total cure for the age-old problem called Acne. Our society's obsession with beauty has created a market that has capitalized on this acne problem with a plethora of paste, gels and soaps, each claiming to finally clear your skin of this blight, but home remedies abound as well. If you feel that commercial acne remedies are too harsh on your skin there are several home remedies that you can try. The following are some of these home remedies that people swear by. These are not sure-cures to acne and have not been scientifically proven or tested. You can try these treatments at your own discretion and risk.

Prevention methods:

- You can apply a paste of fresh methi (fenugreek) leaves to the concerned area every night. Leave it on for 10-15 minutes and wash with warm water.
- Create a paste using cucumber. Apply as a mask and leave it on for 1-1/2 hours. Rinse.
- Create a paste using 1 tsp groundnut oil with 1 tsp fresh lime juice. Smear on your face and leave it on for 10-15 minutes. Wash.
- Wash your face with a warm salty water solution, twice a day. Pat dry.
- Massage the face with the skin of a lemon before washing with lukewarm water.

To reduce swellings:

- Apply toothpaste on the affected area overnight, making sure to use paste and not gel toothpaste.
- Place strawberry leaves on the affected area to allow the alkalinity reduce the swelling.
- Apply the juice of raw papaya, including the skin and seeds, on the affected area.
- Mix juice of one lemon with equal parts rose water. Apply the mixture on the affected area and leave it on for about half an hour. Wash face with fresh water. Repeat for 15 days.

Acne Treatments:

- Apply the juice of fresh mint on the face every night.
- Mix together 2-3 tsp dried basil leaves and a cup of boiling water. Steep for 10-20 minutes then let it cool. Apply using cotton balls on the affected area.
- Create a paste using ground orange peels and some water. Apply to the affected area.
- Apply aloe vera extract on the affected area to speed up healing.

You have to understand that acne is caused by oily secretions called sebum getting trapped under the skin in a canal called a follicle. The follicle is a narrow space that runs from the oil glands to the skin pores on the surface of your skin. Hair also grows out through the follicle and when hair and sebum are trapped in a clogged follicle, this allows bacteria to grow. It is these bacteria that cause swelling and redness. So, a lot of the commercial treatments are based on an anti-bacterial active ingredient. If you look closely at the ingredients in most of the recipe above, a lot of them also have anti-bacterial properties but coming from natural sources. However, all the remedies mentioned above and even commercial products need time to work so have patience and continuously apply the treatment. If all else fails, one rule prevails - never pop your pimple.

About the Author

Chicken soup has been used for treating common respiratory illnesses at least since the 12th century.

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