

Home Remedy for Acne

Home remedies as treatment options for acne allow both preference and effectiveness. A very effective home therapy for acne is application of ground nutmeg with room-temperature milk on the affected area for twenty to thirty minutes. Poultice prepared from ground orange peel and water can also be applied to the affected area for acne relief. Other poultice preparations of benefit may make use of ginger, honey, ground sesame oil, salt, lemon juice and turmeric as their active constituents. Astringent cleansers (Organic Apple Cider Vinegar swabs) help prevent and treat acne but may cause dryness, itching and redness. The important herbs that have proven efficacy in the treatment of acne and also availability in the market of therapeutics of USA are neem, basil and turmeric. Neem (a wonder herb) has fastest onset of action with visibility of positive results on the applied acne within a short span of few seconds. For the purpose of acne relief, usually a paste of neem is applied to the affected area. Treatment with turmeric (antibacterial herb) is an age-old therapy of Indian origin for skin disorders. One can also opt for a combination therapy comprising of neem leaves and turmeric powder for application as a paste on the area affected with acne. Basil (tulsi), an herb that holds the ability to treat many skin disorders, is beneficial in acne treatment. Other herbs of benefit include chamomile, lavender, juniper, Echinacea, witch hazel, red clover, dandelion root, burdock and bergamot. A diet comprising of high fiber content (salads, wheat), fruits, nuts and foods high in alpha lipoic acid (Liver and Brewer's yeast) and bioflavonoids can be beneficial in the treatment of acne. Drinking more water can also help skin stay healthy. Scholars state that drinking wheatgrass juice can help fight acne and many other diseases and disorders. Use of body wash (instead of soap), non-comedogenic moisturizer and daily showers with cold or lukewarm water can be beneficial for acne treatment. Along with this, once-a-week exercise of staying in for twenty minutes in a bath tub containing hot water and one cup of either Epsom salts or sea salt can help treat acne. Regular exercise, good night sleep, Yoga, Art of Living and drumming effect can also contribute significantly to the prevention and treatment of acne.

About the Author

Amazing Jewelweed Remedies are made with natural ingredients and contain no abrasives, no alcohol. This product is based on a time honored.

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