Effective Home Remedies For Acne

There are several home remedies that have proven to be helpful for many. Some of these are listed here.Applying fluoride containing toothpastes at bedtime on red, aggressive looking pimples often reduces the inflammation overnight.The excess oil can be removed from the face by washing with warm saline water. This will not strip off the natural moisture of your skin, and thus not worsen the acne.Acne and blackheads can be cured by applying a paste of fenugreek on the affected area every night for ten to fifteen minutes.Placing strawberry leaves on the acne can lessen the swelling because of the alkaline properties of the leaves.Acne and pimples, and resultant scars as well, can be cleared by the application of a mixture of equal quantities of the juice of a lemon and rose water. This should be kept on for about thirty minutes and then washed off with warm water. The face, when wiped twice or thrice every day with cotton wool dipped in rose water is cured of all blemishes like acne and pimple. This is an outstanding astringent. The extract of mint leaves or the juice of aloe Vera are also known to reduce acne and other skin infections like eczema and scabies.A concoction of 1 or 2 milliliters of essential oils like witch hazel, sweet fennel and tea-tree oils along with geranium oil for females and rosewood oil for males, mixed with approximately 300 milliliters of water, shaken and stored, will unclog pores and act as antibiotics when dabbed on the affected area with a cotton wool three times daily.Taking the steam of water boiled with basil leaves also helps curing acne.Another excellent acne home remedy is the application of ground orange peel paste on the acne.Frequent application of a mixture of 1 teaspoon-full of cinnamon powder and 1 teaspoon of lemon juice miraculously cures acne.Perhaps one of the best home remedies for acne is the application of pure sandalwood paste on the skin. The soothing effect helps ease the irritation and the acne is cleared away without leaving any trace.However, for all the above mentioned remedies, regular application is a must. If a strict routine is not followed, none of these will be able to help. Added to this, intake of 2 to 3 liters of water every day, avoiding fried junk food, leading a healthy lifestyle and exercising regularly to supply oxygen to the skin cells will ensure a healthy and glowing skin at all times.

About the Author

Thousands of household tips and home remedies, hundreds of recipes, and other helpful kitchen and cooking.

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