

## Acne Remedies At Home

There are many home remedies, which can get rid of your acne problems within three days. But you must be sure that your skin is not acutely sensitive to products like lemon, papaya, orange, garlic, eggs etc. Be sure of these factors before making any use of products that contain them. There are various medications that are available in different forms such as pastes, juices or oils. You can even make them at home. Pastes can be made out of various elements such as a) honey and cinnamon powder b) fresh fenugreek c) roasted and powdered pomegranate skin with lime juice d) sandalwood water e) radish seeds with water f) orange peel g) turmeric powder etc. These pastes are usually applied during the nighttime and are retained for about 15 minutes on the skin or overnight. When it dries, the skin is rinsed with warm water. They are usually appropriate for skin that is affected by whiteheads, blackheads, pimples, and rashes and for skin allergies. Lime juice is widely used for treating pimples; it can be mixed with any of the following substances: cinnamon powder, water, groundnut oil, drumstick pods or boiled milk. These mixtures easily help you in the removal of blackheads, cracks, whiteheads and pimples. After maintaining it on the skin for about 20-30 minutes cleanse it with warm water. Materials like orange peels; fresh garlic, and mint juice, juice of raw papaya can be applied directly around the areas of pimples. Fresh mint juice is usually suggested for treating pimples, insect stings and eczema. Ripe tomato pulp can be applied on the pimples. You can also make use of essential oils to relieve yourself from acne. Add hot water into a bowl and add a few drops of essential oils into it. Bring your face closer to the bowl and cover your face and the bowl with a towel. Remain at least 8 inches away from the bowl. Keep your eyes shut till the water cools down. Gently beat the face with a towel and later spray your face with a toner to clog the pores and to balance the skin's pH factor. Home remedies are relatively cheaper compared to other treatment and quick to prepare. It can be prepared at home with ease.

## About the Author

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