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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Acne Home Treatment 101

By Kirsten Hawkins

Acne is truly one serious worry of most teenagers and young adults as well in every part of the

country. It's certainly an obstacle to fully enjoy what life offers during your youthful years. It ruins your confidence to say and do what you want. It can even affect a person's relationship towards his/her loved ones and on other people. However, we have several ways to choose from to exterminate this acne. The good news is that you don't have to go that too far in searching for your remedies! There are so many home treatments for acne right there! And, you can surely find some of them in your kitchen or garden. If not, the nearest store will surely have one non-prescriptive product for you! You should know that there is no way that you can lose in your fight against this unwanted skin disorder. Home treatments for acne will surely leave you worry-free!

Do-It-Yourself home treatment for your acne You might think that treating acne requires you to see and consult for prescription. Well, you can actually treat it by yourself! You can find solutions right in your home or garden! Applying toothpaste in your acne and letting it stay overnight is just one and actually the most common home treatment for acne most people do. You can also try a variety of paste or mask that are great options made from different plant species. You can choose from applying salt and vinegar solution, lime, ripe tomatoes, methi(fenugreek) leaves, lemon, dried basil leaves, mint juice, cucumber, corn flour and egg white, sandalwood, roasted and powdered pomgranate, ground radish, oatmeal, almond powder, honey, ground orange peel, nutmeg and milk, turmeric and tender neem, ground sesame seeds, papaya, and drumstick pods and leaves. Truly natural home treatments for acne!

This kind of home treatment for acne should be applied on the face or other affected areas. Leave it for 15 minutes to an hour and wash with warm water. It only requires you to apply once or twice everyday. You will notice that your face have less oil and zits are gradually decreasing in number, proofs that the home treatments for acne are working to cure your acne. Use it until you see satisfying results. Most application, however, might require you to take it for about 15 days. But, you can actually use some of these home treatments for acne everyday to prevent acne from coming back.

On the other hand, a mixture of honey and cinnamon powder as a home treatment for acne requires you to stay it overnight and wash it the next day. Moreover, you can choose between strawberry leaves

or garlic as direct application on your acne-affected areas.

Across-the-counter products If you think that it would be better to choose ready-made products as home treatments for acne or you just don't have time to prepare home-made pastes or masks, you can go straight to shops where you can buy what we usually know as "across-the-counter" products. Benzoyl peroxide lotion is one of the most commonly used drug as a home treatment for acne. It actually helps to dry the skin and shed the layer of dead skin.

Another dependable home treatment for acne is the cleanser. You should know that you are producing excess oil that greatly contributes on the appearance of acne. Washing your face with an unscented cleanser twice a day will give your skin with just right amount of oil to make your skin moisturize.

It is worth following Following some tips on preventing and lessening the harm brought by acne is another good move. You should not wait for acne to appear before you actually cure it. The best way of

getting rid of it is to prevent it from coming out in the first place. One thing besides keeping your face free from excess oil is to avoid pricking and squeezing your zits. This habit will just worsen your problem on acne. Let nature and time heal for you and you'll see wonder results! You should also refrain from using products that can bring harm in your face. These include products with high percentage of isopropyl alcohol.

Kirsten Hawkins is a freelance writer specializing in skin conditions such as acne and rosacea. Visit

<http://www.acnesolution411.com/>

for more information on acne and acne treatments.

Acne Alternative Treatments

By Oliver Turner

There is no clear account of the number of people suffering from acne. But the sale of medicines for acne is on the increase and this suggests that there is an increase in the number of people having acne. Acne is caused mainly due to the clogging of the oil generated by the skin. This clogging is initiated by a particular type of bacteria. Most treatments and ointments available for acne concentrate more on removing the scars. This means that the bacteria responsible for acne still remain there. This has led to people looking for alternative acne treatment. Most of the alternative acne treatment mainly tries to eliminate the bacteria responsible for acne.

One of the greatest advantages with the alternative acne treatments is that they are devoid of side effects. There are several herbal combinations that have proven track record of curing acne. Once such herbal combination is the paste made of basil leaves and sandalwood. Another popular alternative acne treatment is the application of the paste made of strawberry leaves. There are several other herbal combinations available in the market that can effectively cure acne.

The main reason for the cause of acne is the deficiency of essential vitamins needed for the skin. Deficiency in Vitamin A, Vitamin E and Pantothenic Acid can lead to acne. Taking large amount of vegetables, fruits and vitamin supplements can cure acne. There are several cures of acne in naturopathy. Herbs, skin cleansers and vitamin supplements are the main treatments for acne in naturopathy. Another advantage of alternative acne treatment is that they are less costly.

Acne light treatment is another new alternative acne treatment. In this method ultraviolet rays are used to clear the acne. Alternative acne treatment requires cent percent dedication from the patient. Unlike other form of treatments, some of the alternative acne treatment requires strict following of the regiment. It is wise to take professional opinion before opting for any of the alternative acne treatment.

Our experts have executed a research to find the best acne treatments. Find the results only on

http://www.leandernet.com/Acne/Acne_treatments.php

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