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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!

Homemade Acne Treatments – Are They Really Working?

By Oliver Turner

Treatments for acne can begin from your kitchen. There are several vegetables and fruits which can be used to cure acne.

Most people are not convinced about the effectiveness of the homemade acne treatments. But if you check the ingredients of popular medicines for acne you will find that most of them consist of substances found in common vegetables and fruits. Acne is the result of the lack of vital vitamins like Vitamin E, Vitamin A and Pantothenic Acid. Deficiency in these vitamins leads to the growth of bacteria that clogs the skin oil. This in turn leads to acne. Most of the medicines try to replenish the essential vitamins, which can be easily got by filling your diet with vegetable and fruits containing those vitamins.

Keeping the skin clean is an important part in the acne treatment. Cleaning the skin with lemon is an effective acne treatment. Lemon is used for several purposes mainly due to the presence of citric acid. The citric acid has several essential properties required to kill the harmful bacteria. Rub lemon on your skin before going to sleep and you will find a clear skin in the morning. Similarly, you can get rid of acne scars by applying tomato slice. Applying garlic on the spots is another effective homemade acne treatment. Mint juice also can remove skin lesions and scars.

Other homemade acne treatments include applying the paste of orange peels. This paste cleans the skin and fights harmful bacteria. Application of raw papayas can also bring relief to acne. Daily application of tea tree oil, coconut oil, lavender oil and jojoba oil before bathing for an hour can reduce acne. Including large amount of fruits and vegetables in the diet and drinking lot of water are part of acne treatment.

The success of homemade acne treatments depends on the dedication shown by the person. Simply rubbing lemon or tomato for a day will not cure acne. All home made acne treatments should be strictly followed for over a period of time.

We have made a research to find the best acne treatments. Find the results only on

<http://acne-home-remedies.acne-treatments-advice.com>

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Homemade Acne Treatments

By Jason Rickard

Homemade acne treatments are usually considered as a primary remedy for acne. Acne is a skin problem which includes different manifestations such as pimples, white heads, and black heads. The treatment for acne is one of the most searched topics since it will cause permanent scars in the face if left untreated. Most people, especially teenagers, want to get rid of acne as it affects their glamour and attractiveness. Of course, who does not want to become beautiful?

Home made treatments are appreciated for acne since most of the applications are external. The impact studies of the treatment are not necessarily required since it is not consumed internally. Side effects are also less since most of the ingredients are natural items.

Homemade treatments start with careful cleaning of the skin. Rosewater is usually suggested in most of the treatments. Low concentrated alcohol is also suggested in a few treatments for cleaning. Milk and curd are recommended for the cleaning of those affected by dry skin. Cleaning is important in acne treatment because it removes the dirt in the skin and opens up the pores. Oatmeal is used for both cleaning the face and as a face pack for the treatment.

Turmeric is the most popular ingredient in the face pack, which is used in various compositions, according to the nature of the skin. Studies have proven that turmeric has an inherent bactericidal property. In addition, it also acts as a skin nourishment and coloring agent, which fades the scars in the face. In case of oily skin, turmeric is mixed with rosewater to make the paste; where as for dry skin, milk cream or curd is preferred. Turmeric can be mixed with certain medicinal herbs, if the acne is infected. The combination with fresh fruits is also common for acne treatment. Turmeric and lemon juice is one of the most effective combinations.

Fresh fruits and vegetables are used in sliced form or paste form. Citrus fruits, cucumber, tomato and potato are commonly used for the treatment. Cucumber and potato are round sliced and fixed on the face, where as paste form of the fruits is more popular. Grape juice and orange juices are also used in the treatment. Garlic is also commonly used, directly wiping on the face or as a paste.

Honey is another major ingredient in the treatment packs. Honey is either directly applied or mixed with lemon juice. The honey and apple combination is a popular home acne treatment while the leaves of fenugreek and mint are also applied in paste form with honey or with out since both are bactericidal and oxygenic. Multani mitti paste is also used in the home acne treatment.

Apart from natural components, vinegar, salt and soda ash are also suggested by some for the acne treatment. However, it is best to formulate a personal formula, by identifying the best from trying out different combinations.

Homemade Acne Treatments – Are They Really Working?

Homemade acne treatments focus to have a regular care for the skin, to make it clean and healthy, and obviously, it will be effective too.

Jason Rickard is the owner of Your Favourite Shop –

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