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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!

Why Astringents Are Effective In Preventing Acne

By Jason Rickard

There is a long list of beauty and skin care products that promises anyone acne-free skin. In truth,

there is no single way to treat acne. There may be different ways of preventing and eliminating acne because this skin problem may differ according to a person's skin type.

Astringents are by far the most common skin care regimen in the market today. Aside from being affordable, they are rarely known to have any damaging side effects. They are cleansers that help prevent acne and not really a medication. Take note that astringents are not advisable to be applied to the acne itself because they may clog pores. Astringents are best for maintaining and preventing future acne breakouts and if you already have a pimple-free face, then astringents are recommended for maintenance.

The word astringent comes from the Latin "astringere" which means to bind fast. Because of astringents' cleansing properties it could also heal insect bites, minor cuts, and other infections. They are mainly composed of chemical substances that allow body tissue to shrivel. Astringents when applied to the skin can effectively protect it from harmful substances that can worsen or generate acne but because astringents have the tendency to dry skin, it is important to use appropriate moisturizers after each application. Be sure to stay out of the sun's glare or use a sunscreen protection.

You can try over-the-counter astringents you can find in the drugstore or beauty shops. They come in different concentrations, so be sure to get one that is suitable for you. In commercial products, astringents can contain silver nitrate, zinc sulfate and oxide, and benzoin. It may also have some amounts of tannic and gallic acids. Alternatively, you can also use natural products in place of synthetic products. You can try oatmeal, talc, alum, light cleansing alcohol, witch hazel and even very cold water.

Keeping your face acne-free is just a matter of good hygiene. Wash your face with clean water and a good soap or facial scrub every night. The key to a blemish-free skin is maintenance. You can try using astringents if it proves to be suitable to your skin type but remember to consult your dermatologists if irritation occurs.

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Jason Rickard is the owner of Your Favourite Shop –

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White Noise and Relaxation CDs – Visit Hapa Health –

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Home Mask Treatments For Acne

By Jason Rickard

There's a long list of beauty products that you can readily purchase to prevent and treat acne. There are cleansers, astringents, medicated soaps and creams among others. You can also try facial masks to help you with your acne problem.

Facemask acts as a cleansing agent. It also promotes the firmness and natural balance of your facial skin. You can always buy ready-to-use facial masks in the market, but if you are a fan of natural treatments, then you can make one for yourself. Fighting acne the natural way is starting to gain popularity because of its effectiveness and it costs a lot less than synthetic products. By making one yourself, it makes you aware of the stuff that you put in your face. Homemade acne masks are very easy to use and can be done in a matter of minutes.

Garlic Mask:

Although garlic has a strong odor, it is very effective in removing acne. Garlic is a very good cleanser and has antibiotic properties. Be sure not to apply too much garlic on your face as it can cause slight skin burns and reddening. There are some people who are allergic to garlic so be sure you are not one of them. To make the mask, mash about eight cloves of raw garlic and apply to the face. Leave the mask for about 15 mins. Remove the mask with a warm cloth and rinse it off with a vinegar PH balancer.

Bran and Baking Soda Mask:

Bran is the outer layer of wheat or cereal grains. Most people would add in bran to smoothies to prevent acne. Alternatively, you can also use bran as acne masks. Add in bran to a mixture of baking soda and water paste. Baking soda can be used as a scrub and as an exfoliator. Apply the mask to your face and gently massage your face for 10–15 seconds. Rinse thoroughly and pat-dry your face with a soft towel.

Lime Juice Mask

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Add in an equal amount of limejuice and groundnut oil and apply all over the face. This facial mask is not only used as an acne treatment but can also help in preventing pimples and blackheads. Although there's a presence of groundnut oil in the mixture, you need not worry because the limejuice would turn the oil into amino acids and your skin would not absorb the oil at all.

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