



HOME REMIDIES

SANTHOSH HERBAL HEALTH CENTRE

**168, SANTHOSH COMPLEX, KENNEDY SQUARE, MEDICAL COLLEGE
ROAD, THANJAVUR - 613 004. TAMILNADU - INDIA.**

PHONE : + 91 4362 240096

contact@santhoshherbals.com | www.santhoshherbals.com

Acne Home Remedies

All *home remedies for acne* are enhanced by proper vitamin and mineral supplementation. Eat plenty of fresh fruits and vegetables. Drink lots of water & fresh juices. Water is excellent at flushing out toxins and restoring health.

1. Put toothpaste on your pimple before you go to bed, should help reduce swelling overnight. Make sure it is the paste not the gel. One of the most popular acne home remedies.
2. Extract juice of one lemon and mix with equal quantity of rose water. Apply this mixture on the face and let it stay for about half an hour. Wash the face with fresh water. About 15 days application helps cure acne, pimples and reduces blemishes and scars.
3. A couple of garlic cloves, crushed and dabbed on the face 1-2 times a day. One of the smellier acne home remedies!
4. Grind orange peel with some water to a paste and apply on affected parts.
5. Aloe Vera juice applied twice a day can greatly speed up the healing of acne lesions.
6. Mix sandalwood paste with rosewater and apply on the face. Rinse off after 30 minutes.
7. Mix mint juice with turmeric powder and apply on affected area. Leave for 15-20 minutes and wash off with lukewarm water.
8. Ice down the acne before bed, by morning it should be noticeably less swollen. Works best on larger pimples that have not yet formed a head.
9. Mix some vinegar and salt in a bowl. Pour a little bit in your hand and rub it on the pimples. Soak a face towel in it and dab it on the bumps. Leave it on for 15-20 minutes and rinse it off.
10. Blend cucumber and make a paste. Apply this as a mask on your face and leave it for 1/2 hour and then rinse. This refreshes your skin and prevents acne.
11. Mix the paste of tender neem leaves with turmeric and apply on affected area. An eastern approach in curing acne.
12. Make a paste by mixing 3 tablespoons of honey and 1 teaspoon of cinnamon powder. Apply this paste on the pimples before sleeping and wash it next morning with warm water. Repeat for two weeks, pimples will disappear forever.
13. For mild acne patients, it is recommended that they clear their face of the excess oil. Sebum, or the oil produced by the skin oil glands, is recognized as the main cause of acne outbreaks along with other internal body system factors. Ideally, the face must be washed twice a day with mild soap or cleanser. Excessive washing may be more harmful than good as this action may spread the infection to other parts of the skin.
14. Acne is a skin disorder for which medical science has not yet developed any treatment for complete cure. However, there are quite a number of acne treatments and medications available in the market. Also, many acne sufferers exercise the use of home remedy for acne.

15. Before anything is said about home remedy for acne, let it be first established that science has already found evidences to counteract the stand of many acne myths and fallacies. Take for example the excess consumption of chocolates, peanuts and oily foods. In actuality, these foods, though rich in oil, are not consequential to acquiring acne. Additionally, dirt or foods neither cause acne.
16. Acne is brought for by several internal actions in the body, the most significant of which is the excess sebum produced by the oil glands termed as sebaceous glands. Consequentially, bacteria will thrive on the skin pores due to the extra oil. This then will be acted upon by the white blood cells, which will trigger the natural inflammation. Once this occurs, the skin disorder will trigger the onset of acne. But beyond this factor, there are still a number of indirect causes to acne such as hormonal imbalances, stress, unhealthy lifestyle and naturally oily skin.
17. The most common home remedy for acne is the skin oil removal through frequent washing. It is recommended that washing of the face as a part of a home remedy for acne is done only twice a day, once in the morning and later I the evening. In line with this, an alternative home remedy for acne is the complete cleaning of the body. Remember that when this home remedy for acne is performed, it is essential that the face is not rubbed too rigorously as this may spread the infection throughout the entire face surface. Also, only mild soaps and not scrubs, must be used.
18. Another common home remedy for acne is the use of benzoyl peroxide. This topical treatment (some may call it homeopathic treatment) works wonders for many mild acne patients. Majority of over the counter acne medications contains a certain level of benzoyl peroxide. This comes in forms of lotions, soap, gel and creams. Obviously, it is applied on the surface of the skin.
19. Basically, it is used to dry the skin so that the excess sebum can be eliminated. This home remedy for acne may dry your skin if too much solution is applied. However, this can be resolved through reducing the frequency and quantity of application.
20. Another frequently used home remedy for acne is the use of ice cubes. Some acne sufferers wash their faces with ice cubes for ten minutes. This home remedy for acne relieves the pain of inflammation for some but this process naturally closes the skin pores so that the skin penetration of the acne-causing bacteria is prevented.
21. Additionally, a housewife who has an acne patient husband discovered an unusual home remedy for acne. She related that one day, she just decided to pick a bottle of Head and Shoulders while shopping and had it used by her husband to treat the acne prone parts of his skin. Amazingly, within 3 days the acne inflammation her husband was suffering for many years subsided.
22. Moreover, herbs, teas and spices are also useful as home remedies for acne. More specifically, included in the selection of nature's home remedy for acne are garlic, rosemary, and herbal teas. The basic principle for all these herbal home remedies are to apply them on acne infected areas. Leave them for some minutes and you will see that in days, your skin may arrive to smoother, healthier and evenly toned texture. For garlic however, it is essential that you do not leave it on your skin for too long as it may burn the skin surface.