



HOME REMIDIES

SANTHOSH HERBAL HEALTH CENTRE

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Blackheads Home Remedies

- Steaming can be done as often as twice a week but for no longer than 10 minutes at a time. This is a great way to clean out pores and loosen blackheads.
- Make a paste of ground radish seeds with water and apply on face to remove blackheads.
- Use an oatmeal or almond mask thoroughly to cleanse your face. Mix either oatmeal or almond powder with enough rose water to make a soft paste that spreads easily on the skin. Rub it on your skin with your fingertips, paying special attention the problem areas. Leave to dry for about 15 minutes and then rinse off with cold water. This is very good in getting rid of blackheads.
- Combine equal parts baking soda and water in your hand and rub gently on your skin for 2 to 3 minutes. Rinse with warm water.
- A solution made out of one and a half cups of hot water and half a tablespoon of boric powder is an ideal remedy for blackheads, Saturate a face napkin in this hot solution and press on to the skin, repeat twice. Extract blackheads carefully with a blackhead remover and sterilized cottonwool. Pat on an astringent.