

TOP 12 HOME REMEDIES FOR ACNE



GENTLE CLEANSING

Getting rid of stubborn pimples, blackheads and whiteheads starts with thorough but gentle cleansing. Try my recipe for Homemade Honey Face Wash. Dampen skin with warm water and massage into face and neck. Rinse well and pat dry. Do this each morning and evening.



TONING

Toning is an important step in proper skin care. It helps to remove any residue after cleansing and helps to restore the skin's natural pH levels.



HEALING MASKS

To hydrate and heal the skin, masks should be applied a couple of times per week. Yogurt, honey, cinnamon, essential oils and other ingredients help to hydrate skin and fight common causes of acne.



EXFOLIATE REGULARLY

Clogged pores and dead skin contribute to acne. It is important to exfoliate properly to remove the buildup. Commercially available scrubs are ridden with chemicals that can further irritate skin.



SPOT TREAT

Acne responds well to melaleuca, more commonly known as tea tree oil. It is used the world over as an antiseptic and to treat wounds. Like coconut oil, honey and cultured milk products, it fights bacteria and fungi.



FIGHT BACTERIA

Holy basil and sweet basil essential oils have been found to fight acne caused by bacteria, according to a report published in the International Journal of Cosmetic Science.



MOISTURIZE

Contrary to popular belief, acne-prone skin still needs to be moisturized. Using topicals that focus on drying out the skin tricks the skin into producing more oil, thereby increasing the acne.



TAKE PROBIOTIC SUPPLEMENT

Remember, fighting acne requires both external treatment and an internal treatment. Live probiotics support healthy digestion, immune system functioning and improves skin health by fighting acne.



TAKE GUGGUL

For individuals suffering from the cystic form of acne, a controlled clinical trial has found that Guggul supplements (also known as guggulsterone) outperformed 500 mg of tetracycline by a small margin.



EAT HEALTHY

As part of the protocol to treat acne from the inside out, it is important eat foods that don't cause blood sugar spikes that lead to the production of insulin. Focus on leafy green vegetables, berries and clean protein.



LIMIT SUN EXPOSURE

Ultraviolet rays stimulate pigment producing cells, increasing the risk of acne scarring. The best option is to use natural sunscreens and to only get an appropriate amount of direct sun exposure daily (about 15–20 minutes most days).



USE ESSENTIAL OILS

The sooner you start treating a scar, the better possible results. Dot a drop of rosehip seed oil or carrot seed oil on acne scars twice per day until you notice a difference in the scar. Coconut oil, lavender essential oil, honey and gentle exfoliation can also help prevent scars, depending on your skin tone and texture.



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