

TOP 12 HOME REMEDIES FOR ACNE



1 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.



2 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.



3 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.



4 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.



5 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.



6 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.



7 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.



8 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.



9 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.



10 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.



11 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).



12 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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Table of Contents Home Remedies For Acne

1. Understanding the eBook Home Remedies For Acne
 - The Rise of Digital Reading Home Remedies For Acne
 - Advantages of eBooks Over Traditional Books
2. Identifying Home Remedies For Acne
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Home Remedies For Acne
 - User-Friendly Interface
4. Exploring eBook Recommendations from Home Remedies For Acne
 - Personalized Recommendations
 - Home Remedies For Acne User Reviews and Ratings
 - Home Remedies For Acne and Bestseller Lists
5. Accessing Home Remedies For Acne Free and Paid eBooks
 - Home Remedies For Acne Public Domain eBooks
 - Home Remedies For Acne eBook Subscription Services
 - Home Remedies For Acne Budget-Friendly Options
6. Navigating Home Remedies For Acne eBook Formats

- ePub, PDF, MOBI, and More
- Home Remedies For Acne Compatibility with Devices
- Home Remedies For Acne Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Home Remedies For Acne
 - Highlighting and Note-Taking Home Remedies For Acne
 - Interactive Elements Home Remedies For Acne
- 8. Staying Engaged with Home Remedies For Acne
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Home Remedies For Acne
- 9. Balancing eBooks and Physical Books Home Remedies For Acne
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Home Remedies For Acne
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Home Remedies For Acne
 - Setting Reading Goals Home Remedies For Acne
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Home Remedies For Acne
 - Fact-Checking eBook Content of Home Remedies For Acne
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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