

Pimples Remedy: Unexpected and Unwanted Visitors

They pop up when you least expect them or want them. They wreck your social life and cause you embarrassment. Whether it's the day of a date you've been dying to go on, a party you must attend, an interview you have, or the day you were having an important picture taken - it seems this is when they pick to visit. They're called pimples, zits, or acne. They are small but cause big problems in our every day lives. Although commonly known as a teenage malady, they are not uncommon in adults.

How do we win the war against the pimple? A three-step approach would consist of cleaning, treating, and concealing. You should wash your face with a gentle cleanser that is oil and fragrance free. It is important not to scrub hard; rather, do it gently. Then apply a topical acne treatment, which contains benzyl peroxide, glycolic acid, or salicylic acid over the entire face. At night use an oil-free moisturizer on dry areas.

If you need to get rid of the pimple immediately for an important occasion, a cortisone injection by a dermatologist will stop the redness and swelling quickly. Cortisone creams can also temporarily cure the problem until you can consult a dermatologist.

Then there are the home remedies some people dispute, while others praise. Either way, home remedies are easy and produce no skin reactions. Some consist of grinding nutmeg with un-boiled milk and applying to the affected area for one to two hours. A paste of honey and cinnamon powder can also be applied before sleeping. Wash you face the next morning with warm water, followed by a cool water rinse. Rubbing fresh garlic on and around the pimple is believed to not only make the pimple disappear but will leave no marks if used on a regular basis.

Another remedy consists of combining one piece of tomato and two tablespoons of parsley in a blender. Apply this to the face for a few minutes and then wash off. This is believed to work because tomatoes are acidic and therefore act as disinfectants. Lemon and lime juices are also known to be helpful.

Most people who get pimples want an immediate remedy and take it upon themselves to pop them. This is not considered a good idea, since popping pimples can cause more redness and swelling, scarring, or even push the infection further into the skin. A simple routine would be to clean the skin daily, using a soap containing aloe vera. You should also begin a cleansing diet low in fat and high in fiber and take supplements for promoting healthy skin. Routinely done, this will help you to avoid the dreaded pimple. It is also a good idea to check for food or cosmetic allergies since these are often causes of breakouts.

Source: <http://www.articlecircle.com>

About the Author

More Remedy Articles at <http://Remedy-Today.com>. Learn how to operate a Successful AdSense Website Network at <http://eWebCreator.com>. Matthew Hick has been designing profitable Niche AdSense Websites for over 5 years. Award winning AdSense Website Service at <http://eWebCreator.com>