

Home Treatment for Acne - a non-chemical approach

The acne products that are sold in stores are full of chemicals that you may not want to apply to your skin. Many people prefer more natural products, and often look for home treatments for acne. Home treatment for acne, in many cases, has proven to be as effective, if not more effective, than the products that you purchase in the store.

Home treatment for acne begins with proper skin care. Make sure that you wash your face, with a pure soap such as Ivory, at least twice each day. If you live in an area that has high air pollution, you may want to wash more often. You should also wash your face after activities that cause you to sweat. Wash your face with warm water, and do a final rinse with a splash of cold water to close the pores.

It is also important that you drink plenty of water to keep your body and your skin hydrated. The proper amount of water intake helps to promote healthy skin, and will keep your skin looking younger for a longer period of time, helping it to retain its elasticity. You also need to eat plenty of fresh fruits and vegetables.

While no food has been scientifically proven to cause acne, any food that you have an allergy to will cause an acne breakout. You can have food allergies without realizing it - the only sign of the allergy may, in fact, be the acne breakout. For this reason, you should pay close attention to the foods that you eat, and keep records of what you have eaten when your skin breaks out. You might also want to visit an allergist to find out what you are allergic to. Most people are allergic to at least one food, even if they don't realize it.

Home treatment for acne also includes exercise. Most people don't realize the overall effect that exercise has on our minds and bodies. Exercise relieves stress, and stress can cause acne breakouts. Exercise builds our immune systems and makes us less susceptible to infections - acne is a skin infection. Exercise causes us to sweat, which rids our bodies of toxins. Toxins can cause acne as well. Make it a habit to exercise at least three times each week for at least thirty minutes.

Home treatment for acne continues with natural products to prevent or clear up acne. For instance, Evening Primrose oil can be used both internally and externally to clear up acne. For internal treatment, take between 3000 and 6000 milligrams per day. For external treatment, apply the oil directly to the acne. Leave it on overnight, and then wash it away in the morning. An herbal tea, made from the petals of the Evening Primrose plant will help prevent acne, if you drink it regularly. Crush the petals, or the leaves from the plant, and mix one teaspoon of the herb for every one cup of boiling water. Avoid using a metal pot or cup, as the metal can destroy the medicinal properties of the herb.

Other herbs that are useful for the prevention or cure of acne include lavender, rosemary, patchouli, eucalyptus, sandalwood, bergamot, tea tree, and clove. Lavender, bergamot, clove, and eucalyptus are all anti-bacterial herbs. Rosemary can be used as an astringent, and sandalwood is used as an antiseptic and astringent. Patchouli is very powerful, as it helps to regenerate skin cells, and has antiseptic, anti-fungal, and anti-bacterial properties. Tea Tree is known for relieving skin irritations.

You can make soap out of any of these herbs by mixing one ounce of bees wax, 1 ½ tablespoons of water, and a ½ cup of sweet almond oil or sunflower oil. Simply use a double boiler, and heat the wax and oil over boiling water until it is melted. Heat the water separately, and then add it to the mixture. Stir the mixture as it cools, then add 20 - 30 drops of essential oil of the herbs that you choose, or use a teaspoon of ground herbs.

When purchasing herbs or herbal oils for home treatment for acne, make sure that you look for products that have been organically grown. You don't want to use herbs or oils from plants that were chemically treated with pesticides or other dangerous chemicals, as this actually defeats the purpose of home treatment for acne.

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About the Author

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