

NATURAL REMEDIES FOR ACNE



Natural Remedies For Acne

Acne is a skin condition that millions of individuals deal with, sometimes on a daily basis.

Although acne is not a life threatening condition, it can cause great stress.

Acne, especially when constantly touched or picked at, can also lead to scarring or even an infection.

For that reason, those suffering from acne often look for different ways to seek relief.



When it comes to seeking relief from acne, there are a large number of over-the-counter products that claim to provide relief.

In addition to simply just appearing on store shelves, a large number of over-the-counter acne medications are also appearing on our television screens and with famous celebrities standing behind the products.

Of course, if you are suffering from acne you can give these over-the-counter products a try, but it is also important to know that you do have a number of different options.



These options involve the use of natural remedies and home remedies, which are a safer way to treat acne, as they do not rely on the use of potentially dangerous chemicals.

There are a number of natural remedies for acne that rely on the use of food. One of those remedies is that of **lettuce**.

Saturating **lettuce in water** for about an hour will result in a special mixture.

This mixture should then be applied to the skin, acting as a rinse. This approach is a nice and easy way to get rid of unwanted acne.



Fresh lime juice and milk are another natural remedy for getting rid of acne that comes highly rated and recommend.

With this natural remedy for acne, boil half a glass of milk.

Once that milk has cooled, add in the same amount of lime juice.

You can then use a cloth to apply the mixture onto your acne infected area.

As an important reminder, wait until the boiled milk has cooled to an ideal level to promote comfort and prevent burns.



For a small area of acne, **ripe tomatoes** can be used. For this home remedy, cut a ripe tomato in half and place the inside, wet portion of the tomato on the pimple or pimples. Leave it on for about an hour and then wash off.

A similar approach to this natural remedy and one that still comes highly rated and recommended involves the use of **tomato paste**.

As previously stated, those suffering from severe acne put themselves at risk for developing an infection or scarring.



Those who are known to touch or pick at their pimples are first advised to stop. That is the best way to keep your skin healthy.

With that being said, **Aloe Vera** can also provide relief. When applied to the affected area, Aloe Vera can help to promote healthy healing of the skin.

As outlined above, there are a number of different natural remedies and home remedies for those suffering from acne.

As for why these natural remedies are advised, there are a number of different reasons.



If you have ever tried over-the-counter skincare products before, you likely already know that they can be costly.

Imagine that cost added up overtime. It is also important to note that many over-the-counter acne treatment products have poor reviews.

In fact, did you know that some products actually cause users more problems with rashes and acne than before?

That is why many are now starting to rely on natural remedies instead, as they are affordable, easy to implement, and safe.



Also when looking at skin conditions, look at healing your gut as many skin conditions are symptoms of an unhealthy gut.

Look through our healing portal for information on gut health.

**This Ebook was written for
Global Healing Exchange**

