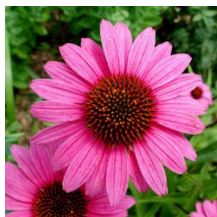


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[Treat Your Acne with Home Made Remedies](#)

Fresh mint, lemon juice, cucumber leaves are only some of the various remedies that will help you have a beautiful, fresh looking complexion again

Most of us have acne problems caused by the over secretion of sebum. The sebaceous glands exist in humans throughout the skin except in the palms of the hands and soles of the feet. They produce sebum in order to prevent the skin from dryness. But when the sebum is in excess, it causes an oily thin layer covering the skin, especially our complexion, that leads to skin disorders like acne, spots, white and black heads etc. These skin problems appear as a consequence of the greasy layer attracting dust and dirt particles from the environment. Home made remedies prove to be the most efficient in fighting acne, especially because they show no side effects for our body and skin. For example, you can make a paste from mixing together cinnamon powder and honey. Apply it on the spots at night, before going to sleep and remove it with warm water the next morning. After no more than 2 weeks your skin will be healthy and fresh looking again. Also, we can use cinnamon powder blended with a teaspoon of lemon juice for the disorders on our complexion. Another method is to massage the face with the skin of a lemon before washing with warm water. If you regularly apply fresh garlic on the spots and rub the swollen area, the problems will vanish without leaving behind any marks. Fresh mint juice and raw papaya juice (including the skin and seeds of the fruit) make wonders when it comes to spots, insect stings, eczema, scabies or other skin infections. You can also use cucumber leaves on the affected area of the skin. Extract juice of one lemon and mix with equal quantity of rose water. Apply this mixture on the face and leave it there for about half an hour. Afterwards, wash the face with fresh warm water and after a 15 days application, this natural treatment should provide the cure against skin infections. You can also apply to every spot one of the following remedies in order to remove them from your skin: toothpaste, egg white, salty water, vinegar, ice, strawberry leaves, aloe vera extract, and tomatoes. It is recommended that you apply these natural remedies in the evening and rinse them off with warm water in the morning. Herbalists also recommend echinacea, calendula, tea tree oil, and goldenseal. To thoroughly cleanse your face and pores, use either an almond or oatmeal mask. Mix it with rose water and then apply the paste obtained on your skin, paying special attention to the infected areas. After about 15 minutes, when the paste is dry, remove it with cold water. This helps getting rid of the annoying blackheads and whiteheads. Against blackheads, a paste of ground radish seeds and water will do the trick. Also, besides using all the natural remedies applied on the skin, try eating lots of fruits and vegetables and drinking at least 1 liter of water daily, because this is crucial in curing acne. Besides drinking water, drinking a tea made with a combination of nettles and cleavers tincture may be effective for acne.