

## Acne - A Natural Way Of Treating It

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by DaveBern

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This is one of the reasons why so many people are now looking for more natural ways of treating their acne problem. Many of the natural acne treatments available today do not contain harsh or dangerous chemicals in their makeup. So the chances of your skin becoming dry or irritated by them are greatly reduced.

Even though quite a few people do not believe that natural ways of treating acne are as effective as over the counter or prescription medications this is simply not the case. In fact the vast majority of natural acne treatments one can use today for this particular skin condition are indeed very effective.

One such natural treatment which is proving to be effective in treating acne is tea tree oil. The oil which is golden in color comes from a variety of different plants and the only way it can be made is through steam distillation of the plants leaves. For many centuries in Australia this oil has been used by indigenous groups for both medicinal and cosmetic purposes.

The oil itself contains anti-bacterial properties which help to kill off the bacterium that causes acne to form under your skin. This particular natural treatment for acne should never be applied directly to ones skin, but rather it be diluted in a mixture of water. You should put 1 part oil to 20 parts water in order for it to be truly effective.

Because this particular natural product has proven to be effective at treating acne some companies who produce acne treatments are replacing the more common benzoyl peroxide with it. Certainly it has the same qualities as the chemical has but is far less harmful on ones skin.

A person with sensitive skin should look more to use a product that contains tea tree oil in it as it is much gentler and milder on theirs. Plus it is far less likely for a person's skin to dry out when using it. To further enhance the effectiveness of the tea tree oil on a person's skin mixing it with some Aloe Vera is a good idea.

Another one of the best acne treatments one should consider trying if you suffer from this skin condition is the spice turmeric. Again a completely natural product this one can be applied directly to the affected skin or can be taken orally as well. Although this does not contain anti-bacterial properties it does contain good antiseptic qualities instead.

If you want to take this natural treatment for acne orally, the best way to do so is mix some into a cup of warm milk. When it comes to applying the turmeric directly to the skin first make up a smooth creamy paste using some coconut or sesame oil then apply on the areas of your skin affected by the acne. It is best to allow it to remain on your skin overnight and so apply about twenty minutes before you go to bed. The next morning you will be amazed at the difference in the size of your acne spots and how much they have been reduced by.

About the Author:

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