Natural Acne Remedies You Should Consider

Are you looking for a safe and affordable way to treat your acne condition? Natural acne remedies are a perfect way to help stop the growth of acne and other skin diseases. Read on to find out the different acne remedies you can try.

Acne is a skin condition that is common in teenagers and early adults. It can be caused by many factors including bacteria related properties, oiliness, and exposure to acne-causing properties. Treating acne nowadays can get pricy, especially if dermatological services are not included in your health care or insurance packages. We have come up with a list of natural acne remedies you should consider trying.

Lemon and Lime

Do you have a lemon or lime in your refrigerator? Little do you know that this citrus, vegetable is a great way to fight acne! Lemons have high acid levels, which are perfect for killing acne causing bacteria that attack our facial skin. To try out the lemon and lime natural acne treatment simply cut in half a refrigerated lemon or lime and squeeze out its natural juice. Remove any seeds that may have dropped into your container. Next get a cotton pad or cotton ball and dip it into the lemon juice. Lightly dab the lemon juice all over your face and let it stay for a couple of minutes until you feel the light stinging sensation. You can repeat this every night before you got to sleep. Once you have done this for a week you may leave the lemon juice on your face overnight for best results. The lemon juice is also a great way for lightening blemishes causes by acne.

Slice of Tomato  
Another great natural acne remedy is the tomato treatment. Thinly slice a fresh red feridgerated tomato and place the pieces over your face, allowing the natural juices to ooze all over your facial skin. If you want something more effective you can mash up the tomato into a puree which you can then spread all over your face creating a natural mask. Leave the tomato slices or mask over your face for about 5 to 7 minutes until your face has completely absorbed the tomato juice. Wash off your face with cold water and repeat the treatment twice every week. Tomatoes have beautiful properties that help promote ageless healthy skin. This is also makes your skin look soft and blemish-free.

There are a lot of natural remedies available, but without proper preparation, you may not see visible results. By following the steps above, you can efficiently get the right acne treatment.

With these two natural acne remedies you can now achieve the acne-free skin you have always wanted. You no longer have to worry about spots over your face. Try these safe and effective natural acne remedies which you can perform right at home! You no longer have to purchase expensive over the counter medications or even consult a dermatologist. The natural lemon and tomato acne treatments will get you blemish-free in no time!