Acne is one of the most common skin problems of people in all ages. And usually, teenagers face this problem because of their increased hormone levels. However, there are also other reasons why acne breakouts happen for many people like sleep deprivation, stress and unhealthy eating habits. Even though there is no definitive cure for this skin problem, you can use the many simple home acne treatments that use common ingredients found in your kitchen to minimize or prevent this problem.

1. Baking Soda

One of the most common home acne treatment is the use of baking soda or sodium bicarbonate because it works as an exfoliate for your skin. It also helps in regulating your skin’s pH balance and has anti-inflammatory and antiseptic properties. Simply mix water and paste of baking soda, apply it to your face, chest and back, and leave it on for five minutes. Rinse it off with water after five minutes. Keep in mind that this exfoliation can be quite harsh because of the strong alkalinity of the baking soda so it would be best to use it once a week.

2. Lemon Juice

Another common ingredient that you can use as a home acne treatment is lemons. Because of its acidic property, many people consider it very useful in treating acne. Lemon juice can clean the dirt that accumulated in the pores and hardening your sebum. However, even though it is very good in treating pimples, using it on a daily basis can leave your skin very dry. So it would be best to use it every two to three days. You can either use cotton balls with the squeezed lemon juice or rub a slice of lemon on affected areas for a few hours before you rinse it off with water. Also keep in mind that lemon juice can make your skin photosensitive and the sunlight could cause some damage. So it would be best to not go out into the sun while your face has lemon juice all over.

3. Mustard

It may sound very unusual to put mustard on pimples, but on the contrary, it is quite helpful in treating pimples. You may not realize but mustard contains salicylic acid, which works wonders on acne. Apart from that, it also contains vitamin C, zinc and omega 3 and 6 fatty acids that are great for the skin. You can simply use bottled mustard or 18 of a teaspoon of mustard powder mixed with 1 teaspoon of unfiltered honey and apply it like a facemask then rinse it off after 15 minutes.

4. Garlic

Using garlic as a home acne treatment is a very effective way to reduce pimples. Even though it is a bit smelly it has allicin, zinc, sulphur and calcium which works as an antibiotic and antifungal to help clean your skin. Simply smash a little bit of garlic juice on problem areas and leave it on as long as you want.

5. Tomatoes

Another effective home acne treatment people can use is tomatoes since they are very astringent and have high antioxidant levels. Grind or smash tomatoes to a pulp and apply it to problem areas once or twice a day. But you have to keep in mind that excessive use can cause dryness so use it sparingly.