

# Simple Tips To Get Rid Of Back Acne And Scars

Acne is the most common problem and annoying problem which can happen to anyone at any age. Acne can appear on any part of our body, including your back. The acne and pimples are the results of sebum and build up of dead skin cells. The sebum and dead skin cells block the skin pores and bacteria. Back acne is like face acne but usually goes unnoticed. If you have a party and thought to wear backless or going for summer vacation and want to wear swimsuits. But the back and shoulder acne disappoint and you feel embarrassed. In this article, I will share some amazing and simple tips to get rid of back acne and scars.

## **Here Are The Tips To Get Rid Of Back Acne And Scars.**

### **1. Aloe Vera**

Aloe vera is one of the best natural remedies to treat all skin problems. It contains natural anti-inflammatory properties that can help in getting of inflammatory acne. Apply fresh aloe vera gel into the affected areas. then wash it after 30 minutes.

### **2. Tea Tree Oil**

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### **3. Garlic**

Garlic has antibacterial and antifungal properties that help to kill the bacteria causing

acne. It also contains allicin that reduces inflammation and improves blood circulation. Extract juice from garlic cloves and apply it directly on affected areas using cotton. Then rinse it off after 30 minutes.

## 4. Apple Cider Vinegar

Apple Cider Vinegar contains several organic acids that have been killed the acne-causing bacteria. It also contains lactic acid that is great for improving the appearance of acne scars. Mix apple cider vinegar to a cup of water. Dab the soaked cotton ball gently apply on the acne-prone areas. Then rinse it off after 30 minutes.

## 5. Turmeric For Back Acne And Scars

Turmeric has been used for a very long time for acne treatment. The main component of turmeric is Curcumin. That contained anti-inflammatory and antimicrobial properties that can help treat acne. Mix turmeric powder in water to make a thick paste. Apply it on the affected area and leave it for 30 minutes. Then rinse it off with water.

Go ahead try these natural remedies and get rid of back acne and scars, If you enjoyed this post, I'd be very grateful if you'd help it spread by emailing it to a friend or sharing it on Twitter or Facebook. Thank you!