Causes and Effective Home Remedies for Pimples by Cody

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What are Pimples?

Pimples are caused by bacterial infection on the skin due to over secretion of oil by the oil glands that are present just under the surface of the skin. They appear as pus on the face.

Pimples on the face can be embarrassing for people especially for the teenagers. It is during the teenage when there is a hormonal change; the pimples are formed on the face. Sometimes they also appear on the skin areas on neck, chest, and back due to the bacterial infection. The frequent appearance and breakout of the pimples is called Acne. And sometimes, pimples are also accompanied with other skin problems such as blackheads and whiteheads. As a matter of fact, there is a belief that pimples are caused by the coagulation of sweat and dirt and excessive intake of oily food items. However, this is only a myth! Pimples are caused only due to the accumulation of oil on the surface of the skin and due to periodic hormonal changes.

Though it is said that pimples can be cured or controlled with over-the-counter medicines, it is always recommended to go for natural home remedies. This is because, the cream and other solutions that you apply on the pimple may hide the pimple and give a temporary relief but after a few days, there will be severe after-effects on the skin. These days, you find a lot of TV commercials about the beauty products. Most of you would have bogged down by the commercials that are aired on all popular channels powered by any of the popular cable services such as Cox Cable. However, natural home remedies donâ€™t have any side effects and are the best to treat any skin problem.

Causes of Pimples

As described in the above paragraphs, pimples may be caused due to bacterial infection on the skin due to over secretion of oil by the glands and also due to the hormonal changes that take place. The most common reason for the appearance of pimples for women is due to the hormonal changes that take place during puberty. For some, poor diet may also cause pimples. And even excess oily skin can lead to the formation of various skin problems like pimples and Acne. Sometimes, the condition of pimples may get worsened due to excess intake of bromides, lithium, and iodides. People who are on steroids can also see the worsening of their condition if they are not treated properly. Repeated itching or scratching of the pimples may cause inflammation and reddening of the pimples. And pricking can lead to the formation of more pimples on the skin.

Natural Home Remedies for Pimples

Take a mixture of two tablespoons of lemon juice and rose water each and apply it on the affected area and allow it to stay on for about 30-40 minutes. Do this once a day and see if there is any improvement. You will surely find some kind of improvement. If necessary, you may do this twice a day until you find the results. Lemon is a natural astringent and an antibacterial agent. And rose water is a natural coolant for the skin.

Alternatively, you may use honey to get rid of the pimples. Prepare a mixture of three to four teaspoons of pure honey and one teaspoon of cinnamon powder. Apply this mixture on the affected area and leave it on the face overnight. Honey is a natural anti-bacterial agent while cinnamon powder helps to get rid of the irritation on the skin area. This procedure can be followed for a couple of weeks. You will find good results in a week or two!

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