Natural Treatments for Acne by Robert Jack

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Acne is a skin disorder that is associated with overactive sebaceous glands. Excessive secretion of sebum or oil by overactive sebaceous glands often clogs the pores on the skin. Bacteria, dirt and dead skin cells get trapped in such clogged pores, and generate a favorable condition for infections; causing redness, inflammation and the development of pimples and acne. An acne outbreak can be triggered due to several factors which include hormonal imbalance, unhealthy eating habits, certain allergens, a high level of stress, etc.

Although there are quite a few treatments and medication available, for treating this skin disorder, most people prefer natural remedies because they are safe and affordable, and target the underlying cause of the problem.

The most commonly used over-the-counter products for acne include benzoyl peroxide, sulfur, resorcinol and salicylic acid. Benzoyl peroxide is available in the form of gels and creams, and works well for treating moderate and severe acne. Benzoyl peroxide can destroy the acne causing bacteria as well as remove dead skin cells in order to unclog the skin pores. People with oily skin can benefit from this over-the-counter acne treatment. However, it is not suitable for people with dry and sensitive skin.

In severe cases of acne, when over-the-counter treatments fail to control an acne outbreak, you should consult a dermatologist for prescription medications. The most commonly used medications for treating acne include oral and topical antibiotics, e.g. Azelex.

Some Natural Treatments for Acne:

A few of the most commonly used natural or home remedies for acne are as follows:

â€¢ Aloe-Vera gel is known for its soothing properties and can ensure quick healing of acne. Aloe Vera contains anti-inflammatory and antiseptic properties which prove very beneficial for treating acne and minor skin abrasions.

â€¢ Jojoba oil is also known to soothe inflamed acne and prevent the excessive secretion of sebum, which is amongst the most important causes for acne breakouts.

â€¢ Lemon juice is another effective home remedy for acne. Mix a small amount of lemon juice with plain water or rose water, and apply it on the affected skin. Leave this on for around 10 to 15 minutes and rinse it off with clean water.

â€¢ Mint is a well-known herb used for treating many illnesses. Mint contains menthol, which contains strong anti-inflammatory properties that proves beneficial for the treatment of inflamed acne and pimples.

â€¢ Tea tree oil contains anti-bacterial properties that can destroy acne causing bacteria and microorganisms.

â€¢ Sandalwood paste is also an effective natural remedy for the prevention of acne and improvement of the skin complexion. Sandalwood paste mixed with turmeric powder can be used to get an acne

free skin.

In addition to these natural remedies, you can buy Azelex to effectively treat acne. Azelex is a topical antiâ€“bacterial cream which is used to effectively treat mild and moderate acne. Azelex belongs to the group of medications called Dicarboxylic Acids. It works by stopping the growth of bacteria on the skin and also reducing the amount of keratin, a natural substance in the skin that causes acne.

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Azelex can be used to keep the pores clear and free of bacteria, thus lessening the formation of acne. You can a buy Azelex online from the a online pharmacy. However, it is advisable to consult a dermatologist before you buy Azelex to treat acne.

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