Article Side

Easy remedies to get rid of acne by Whitney

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Whenever you meet someone, the first thing you notice is his or her face and if that face isnâ€™t clear or it has pimples or blackheads then we all know what kind feeling it would be. You will start to avoid that person and that person will also feel embarrassed and he or she will lose confidence.

Acne is a skin disorder that not only affects the looks of the person but it also affects the mentality of the person which is certainly not a good thing. People start to opt for various treatments in order to get rid of this problem but what they end up doing is that they ruin their face and destroy everything good in their lives. If you think that a simple acne cream will help you to get rid of acne then you should think twice because there is always doubt in the effectiveness of these products.

Never go for such products without any proper advice because they are not always reliable. Here are some of the methods through which one can go for in order to make ones skin clear and pimple free.

â€¢ If you want to get rid of scars that come because of pimples then apply the aspirin tablet paste over it and leave overnight.

â€¢ Lime liquids and potato wedges are also a good remedy for getting rid of acne.

â€¢ Plain fluoride toothpaste can also be applied on the pimples overnight for getting rid of pimples.

â€¢ Appling raspberry, strawberry, or blackberry leaves packs on the face can also be a useful remedy in cleaning the skin impurities.

â€¢ One can also get rid of acne by applying mint juice.

â€¢ Rinsing your face with saturated lettuce wateris also a useful remedy against acne.

â€¢ Applying tomato paste over the face and leaving it overnight is also a good way to get rid of acne and get a clear and glowing skin.

The best way to stop acne and get a clear skin is to consult your dermatologist. He is the person who can give you the best skin advice. Mostly dermatologists suggest their patients an acne skin creamon the initial stage for treating the problem. Benzyol perioxide acne cream is known to work against propionibacterium related acnes.

In order to get clear skin the use of triclosan or chlorhexidine gluconate would be perfect. Make sure you use each product by the advice of the doctor because there are a number of products that are fake and they will be harmful for you rather than being good. Hence, make sure you be as much careful as you can be regarding their use.

Here are few lifestyle changes one can adapt to prevent acne:

1. Donâ€™t expose face to heavy sunlight

2. Maintaining bacteria free hands and palms

3. Changing pillowcases every twice or thrice a week

4. Change towels every alternative day

5. Wash your face at frequent intervals especially when you sweat, or wake up from sleep

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Whitney Houston is an author of clearskincare(http://www.clearskincare.com.au), one of the best acne treatments and pigmentation treatments site. She is writing articles on a acne cream since long time.

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