

Home Remedies For Acne - Get Rid of Ugly Acne Fast With 5 Highly Effective Acne Tips!

Have you seen pole-vault jump? The jumper carries the pole in both hands at the start of the jump, gathers speed, leaps up in the air, and at a particular moment, upon reaching the top level of the jump, he leaves the pole, to jump all alone to the other side. He is the victor and he no more requires the pole. He has given up dependence on the pole, at the pinnacle of his glory. Stop smoking aids are to be treated in the same fashion. They are there to aid you. They can never be the permanent part of your personality.

What then is the permanent part of your personality? It is your strong will power to quit smoking! There is no substitute to your will power. All stop smoking aids are mere playthings in front of the glow of your will power.

The power of Nicotine is strange and great. Notwithstanding the relentless campaign against it, health warnings of all types, rising cigarette prices due to high taxation, awareness campaigns, stop smoking aids on the rampage in the market, smoking still maintains the level of popularity. Many new recruits join its bandwagon in thousands everyday. What a strange product! It celebrates funeral marches and birthday celebrations on the same day!

Thousands die every day all over the world, becoming the victims of the smoking related diseases. Thousands take up to smoking for the first time every day.

The power of your adversary is known, which only means that you have to make strong preparations to defeat him. Surrender is not the alternative. It is difficult to stop smoking, but it is possible. The target is well within your reach. The path is difficult, but there are many aids to help you en-route. Rehabilitation centers run, mostly free, by the governmental and non-governmental organizations give many therapies, lecture programs, counseling sessions to help you quit smoking.

Another important aid in terms of human resources is the support from your family members and friend circle. "A friend in need is a friend indeed" Isn't it? Your present urgent need is to quit smoking. Let your friends and family members create the proper environment for you to initiate and maintain your efforts to quit smoking.

Fortunately, plenty of stop smoking aids are available in the market. The cravings for nicotine can be met with these aids. Some of them are nasal sprays, inhalers, lozenges gum and nicotine patches.

They are so designed, that a small amount of nicotine is let in your bloodstream, so that you can get your nicotine cravings. The advantage of this type of nicotine is that they don't contain the poisonous gases and tar found in cigarettes.

Hypnotherapy is one of the popular aids to help you quit smoking. It tackles your craving at the right spot -the exact source- your sub conscious mind.

On a daily basis, acne is the most common skin disorder that generally affects teens, along with men and women of various ages. It is usually the least severe of skin disorders; however, with the skin being the largest organ, it can be widespread carrying both physical and psychological effects.

Acne generally rears its ugly head by taking on pimple formations consisting of whiteheads, blackheads and pustules. It can also present in a cystic form.

If you are interested in trying some of the home remedies for acne that you have been hearing about, perhaps now is the time to venture in this direction. Most of them are inexpensive by comparison to traditional acne treatment options and many times they are just as effective with side effects being basically nil. The following are the most effective acne home remedies:

Diet And Acne

For those of you who are suffering with acne, start by checking out your daily dietary intake. You've probably heard the old adage that you are what you eat. Therefore, one could safely assume that a diet of junk food, sugars, processed foods, and soda will not only present itself in the form of acne, but also in eventually creating ill-health of the body.

Acne Skin Care

As a licensed esthetician, I have learned the importance of knowing what skin type a person has and treating it accordingly. Failure to do so can cause breakouts when you opt for products that are inappropriate for your skin type. Therefore, if you do not know your skin type and are unable to figure it out, then I suggest you make a visit to a knowledgeable esthetician for assistance.

Assuming you know your skin type, there are a few basic skin "rules" that one should follow if they are dealing with acneic skin.

Sweet-smelling soaps are yummy, however, they are deadly to acneic skin. Instead, opt for a water-based cleanser to clean your face or body.

You will want to exfoliate the surface of the skin and within the pore in order to improve the pore's shape and function. However, one must be careful when doing so as you can't exfoliate away acne. Trying to do so will only serve to irritate and inflame.

The skin should be disinfected in order to eliminate acne-causing bacteria.

Tea Tree Oil

Tea tree oil is a great home remedy for acne as it has antibacterial, anti-fungal, and antiseptic properties that will attack the acne-causing bacteria on contact. However, you want to be sure to dilute tea tree oil, otherwise, you can burn your skin. It works best in at least a 5% concentration. Apply it directly to the pimples. It works very similar to benzoyl peroxide.

Phillips' Milk Of Magnesia

Phillip's Milk of Magnesia makes for a wonderful mask that will absorb excess oil. Depending upon your skin type, it can be used every day or perhaps only 1-2 times a week.

Toothpaste

First of all, be sure you use white toothpaste and not a tooth gel. Peroxide, which is a main ingredient in many types of toothpaste which will dry out pimples. It works kind of like a clay mask. However, be care to not use a whitening toothpaste as these have very high levels of hydrogen peroxide, which could irritate and burn the skin.

Your skin type and skin sensitivity will dictate how long you are able to have toothpaste on your face. Test it out and see. Start by leaving it on for 30-60 minutes and then work your way up until you are able to leave it on overnight. For some, this will never be a happening thing. Wash it off with warm water and pat dry.

If you have yet to venture into the home remedies for acne options, now might be the time to try out a few. You may very well have just what you need right in your kitchen or bathroom cupboards. One thing is for sure, you can't beat the price.

The truth is, you can get rid of acne fast with an acne home remedy if you know exactly what to do. In addition to the above, check out the resource box below to learn how you can start getting control of your acne.