

Moisturize your face  
with steam



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Moisturize your Face with Steam Steaming is one of the most effective methods of removing pimples. To apply this method, boil water in a container for a couple of minutes. After that, place the container containing boiled water beneath your face. Allow the steam to dampen your face for a couple of minutes. Afterwards clean your face with lukewarm water. Boiling water helps remove debris and oil from your face without increasing the pimples. Alternately, you can use an oil-free lotion to moisturize your face and remove pimples.

**Apply Toothpaste on your Pimples** This is the most common cure for pimples. Of course, you may brush your teeth before sleeping every night, but this time, apply toothpaste on your face! Ideally, wake up once or twice in the night to ensure that the paste still covers the spot. You can apply the paste again if that is not the case; doing so will clear up your face in the morning. However, use toothpaste only and never apply gel on your pimples.

**Apply Lavender Oil on the Acne** This is a less common remedy for pimple growth but it is known for bringing results, especially on teenagers. Apply lavender oil on your pimples several times and before going to sleep. This oil helps to dry up the spots to a great degree.

**Use Lemon Juice** Another effective method of curing acne is applying lemon juice. When you rub lemon juice on your pimples, it has a quick effect. Use it before going to sleep to see great results in the morning.

**9 ways to prevent a breakout and get clear skin**

**1. Do the One-Minute Rule** Using a face wash laced with salicylic acid (from one to two percent depending on how bad, and how often, you break out) is a surefire way to stop pimples from forming. It's simple: Instead of spot treating after one pops up, you're keeping every single pore clear from the get go. Suds up in the morning and night, and then wait one full minute before rinsing so the gentle exfoliator can work its

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pore-clearing magic. 2. Wipe Away Oil If your T-zone typically resembles an oil slick 24/7-or you've worked up a sweat crossing off your to do list-don't wait until you get home to degrease. When excess sebum (aka oil) seeps into your pores, pimple-promoting bacteria will quickly follow. Use a pre-moistened salicylic acid-soaked cleansing cloth directly on oil-prone zones (i. e. your forehead, nose, chin) to help keep skin clean and prevent future breakouts. 3. Don't Forget to Hydrate Just because acne-prone skin has plenty of oil to go around, doesn't mean its water content, which is crucial for healthy skin, is up to par. Plus, overuse of oil-fighting products can leave skin parched-and wanting to compensate with more oil (eek!). Look for a lightweight, oil-free face cream that gives just the right amount of hydration, but won't contribute to your acne issue. What you want: A formula that contains hydrators that mimic those in skin naturally, like ceramides, humectants, and squalene. If your skin is super prone to acne, opt for an even lighter gel, not cream, texture. 4. Turn up the TLC Sometimes even if your skin is having a good (aka clear) day, you can still see some redness. That's because acne is essentially inflammation, so some irritation all the time or post-pimple is common. Soothe sensitive skin overnight with calming botanicals such as chamomile, licorice, or aloe vera extract. 5. Exfoliate on the Regular Once or twice a week, take your skin smoothing up a notch and use a product that contains salicylic acid (or look for willow bark extract, its all natural counterpart) along with gentle fruit enzymes. This powerful pore-perfecting combo will help rev cell turnover and prevent dead skin cells, debris, and bacteria from building up in pores. 6. Start Using Retinol The gold standard of anti-aging also has an amazing anti-pimple track record. Apply a thin coat of a retinol-based treatment all over skin (if you've never used it

before, you may need to work up to nightly; start off with three days a week to see how skin holds up to its potentially irritating effect). This vitamin-A derivative amps up cell turnover like no other so that pores have no choice but to stay clear.

7. Go Hands Free As in: Stop. Touching. Your. Face. Stress and hormones gone haywire are common culprits of a breakout-prone complexion but are not the only instigators. Piling on dirt all day long, like from constant contact with your iPhone or fingers, can create the perfect breeding ground for bacteria. Wipe down your cell phone once a day with an alcohol wipe or squirt some hand sanitizer on a tissue and rub it on the surface. And as you talk on your device, try not to press it firmly into your skin-it will only push makeup and dirt further into pores, causing you more pimple problems.

8. Feed Your Face Diet has a huge impact on skin and skin health (including acne): Up to 80 percent of your skin is affected by what you eat and drink. Fill your plate with a healthy, well-balanced diet to keep skin in the clear. Focus on eating plenty of fresh fruit and vegetables that are rich in vitamin A (grapefruit, mango, broccoli, and kale) to help normalize the production of dead skin cells, a key factor in acne breakouts. And add in eggs, salmon, and walnuts, which contain healthy oils that keep your complexion well nourished and help prevent pimples.

9. Chill Out ... Because the more you stress over a zit the bigger it's going to get. When the stress hormone cortisol spikes, so does oil production-one of the main causes of adult acne (along with hyperactive lifestyles, alcohol, poor diet, and too much cumulative sun exposure). Instead, spot treat the bad boy with bacteria-fighting benzoyl peroxide.

Natural Ingredients to Get Rid Of Acne Scars Fast Acne does not only scar the skin but also the mind and emotions of an individual. Walking down the road with a red swollen face filled with

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pus is a very embarrassing and painful both literally and figuratively. There are people who can't help themselves talk about the other person who has a scarred face as a result of widespread acne. These reasons make people with acne find the quickest way to get rid of acne scars. They want to start a normal life without pain. They want to regain their confidence and self-esteem. There are the natural ingredients present in your kitchen. However, if you feel like the type of acne scars that you have are alarming, it is still best to consult a specialist about it. Here are some of the natural ingredients that can be very beneficial to quickly get rid of acne scars. Egg whites are rich in protein. Protein is very helpful in repairing ripped muscles and skin. These egg whites, about three pieces must be beaten into a fluffy and foamy texture. It must then be smothered on the face and act as a face mask. After a few minutes, this egg white mask must be rinsed with warm water. This method can be done 2-3 times in a week. Aloe Vera juice can also be a great natural remedy. We can see a lot of skin care products that contain Aloe Vera in its ingredients. Aloe Vera is an immune system booster. It also regenerates damaged skin tissues. Another natural ingredient that is commonly found in skin care products is lemon juice. Lemon contains AHA. AHA can thicken the skin and enables it to produce collagen. As this occurs, healing of the scarred skin is also sped up. Lemon juice has acidic elements. This acid helps in drying the acne quickly before it gets worse. A pinch of baking soda mixed with water can also remove the dead skin without hurting the skin. This mixture must be massaged gently on the skin. It can stay on the skin for a few minutes, then, it must be rinsed. Ginger is a natural antibacterial. A slice of it can be smeared on the infected area. After a few minutes, the face needs to be rinsed. This could be more painful than the

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other ingredients above mentioned because of ginger is a little bit spicy. These are just some of the many natural ingredients that can help you to quickly get rid of acne scars as they dry, peel and heal the scars. These methods will not be of great help if they will be done on a dirty face. After a long day of being exposed to pollution, our pores are clogged with dirt. The face must be very clean before any ingredient is placed on it or it will result to further damages and infection on the skin. So, for people who don't know how to get rid of acne scars fast, these are some useful tips. Also, keeping the body hydrated is very important. Drinking the right amount of water is very useful in draining toxins that are present in the body because of the food that we eat.