

Home Remedy for Acne and Acne Scars

January 13, 2016

Although [acne](#) may be relatively harmless, the stress that comes with pimples is not. Acne is sometimes written off as a teenage affliction, but the fact is 40-50 million Americans suffer from this skin condition at any given time. ^[1] That's teenagers, young adults, middle-aged men and women, and even babies ("baby acne" is very common in newborns). Chemical formulations can be of help, but these medications often interfere with hormonal function. Fortunately, many organic skin care products can get rid of pimples and acne scars without you having to develop a heavy toxic burden. Let's take a look at these natural alternatives.



Causes of Acne

Acne includes anything from blackheads and whiteheads to pustules and cysts. It starts when a pore in your skin gets clogged. If bacteria gets trapped below the blockage, your skin swells, turns into a pink or red spot, and then becomes sensitive. It doesn't take long before it becomes a whitehead. If it goes deep enough, it can become a cyst. [Check out this video](#) of causes and possible solutions to acne.

Why do pores get clogged? The simple answer is dead cells accumulate and trap sebum — the oil your skin produces to stay moisturized. There are, however, other factors that play a role.

Acne often appears at times in your life when you undergo hormonal shifts, like birth, adolescence, and middle age. That's because hormones adjust sebum production and your skin may produce more oil. Sugary and fatty foods can play a role as they also affect your hormones. You may have heard that you should avoid chocolate or candy to prevent acne. Keep in mind your skin is also an exit path for toxins, so if you're carrying a heavy toxin load you can be at a higher risk for a disruption to your skin's natural oil production.

NATURAL REMEDIES FOR ACNE

When it comes to acne, it seems you're advised to deal with it or use harsh chemicals that burn and irritate your skin even more. You don't need to do that, because there are a number of natural remedies that can produce great results. Keep in mind that everyone's skin is different, so

you may need to try a couple before you find the one that works for you. For the best effect with any of these home remedies, first apply a warm water compress to your face with a towel to encourage your pores to open.

OZONATED OLIVE OIL FOR ACNE AND ACNE SCARS

A simple acne solution for every skin type is an ozonated olive oil like [OzonyOliveOil](#). This salve cleanses, helps remove harmful toxins and free radicals, moisturizes, calms skin, and reduces redness and swelling. Korean researchers have found it's more effective than olive oil alone. ^[2] The oxygen delivered by ozonated ointments improves circulation and stimulates cell recovery for faster healing. ^[3]



[Learn more the oil \(in Ozonated Olive Oil\)](#)

Ozone is one of the most potent sterilising agents available to us

Ozone, also known as 'activated oxygen' destroys micro-organisms (*bacteria*, *fungi*, *protozoa* and *viruses*) extremely effectively. This is why our product is applicable to a majority of skin ailments, including: Pimples (*bacterial*), Cold sores (*microbial*), Athletes Foot (*funga*), Eczema (*funga*) and Psoriasis (*funga*)

Ozone Healing Gel has shown to be extremely successful in the treatment of fungal and bacteria afflictions and many other skin ailments without the harmful side- effects of conventional preparations. It's a powerful combination of Ozone and Extra Virgin Olive Oil and is used as an alternative preparation for the following skin ailments:

TEA TREE OIL

Acne, acne vulgaris, is the occurrence of inflamed or infected sebaceous glands in the skin, particularly a condition characterized by red pimples, zits, whiteheads, and blackheads on the face, back, chest. Tea tree oil is clinically proven to be very effective in treating acne. Also known as melaleuca oil, tea tree oil clears away bacteria, thereby reducing redness and swelling and cleans out pores.

Apply tea tree oil directly to pimples (for more than 15%, dilute with water).

1. To apply, pour a few drops of tea tree oil onto a cotton bud, cotton pad or tissue. ...
2. Always apply to clean, dry skin.
3. Make sure to use 100% pure tea tree oil, not products containing tea tree oil.

See how to use Tea Trea for Acne <http://www.wikihow.com/Use-Tea-Tree-Oil-for-Acne>

Tea tree oil is obtained by steam distillation of the *Melaleuca alternifolia* leaves native to Australia. It is used to treat many health and beauty problems and is a main ingredient in many commercial gels, shampoos, mouthwashes, lotions, creams, and toothpastes.

Does Tea Tree Oil Help Acne?

Tea tree oil contains many natural properties that clear acne and its symptoms.

- It contains terpinen-4-ol that is responsible for its antimicrobial activity. When applied to the affected skin, it destroys the skin-dwelling bacteria that cause acne.
- It has antiseptic and antifungal properties that help prevent acne.
- It contains natural antibacterial and anti-microbial properties that make it an excellent alternative to harsh synthetic chemicals and kills acne-causing bacteria.
- It deeply penetrates skin to unblock the sebaceous glands. This disinfects the pores, dries out whiteheads, pimples, zits, and blackheads, and prevents further outbreaks.
- It is used as an antiseptic that removes damaged skin cells.
- It balances skin by controlling oil production.
- It has natural antibacterial properties that treat cystic acne naturally. It penetrates the skin to unblock the sebaceous glands, disinfect pores, and dry out blemishes.

How To Use Tea Tree Oil For Acne

Tea tree oil can be used in many ways to rid acne quickly. Be sure to always use 100% pure, raw, organic tea tree oil as it is the best for your skin and for treating acne.

1. Tea Tree Oil

This method is effective for treating cystic acne and it reduces redness and swelling.

- Apply a few drops of tea tree oil to the affected area using a cotton ball.
- Leave for 3 – 4 hours or overnight.
- Repeat regularly for best results.

2. Diluted Tea Tree Oil

This method can alternately be used as a face rinse, if desired, and is effective for treating cystic acne.

- Rinse your face with water and pat dry.
- Mix 1 part tea tree oil and 9 parts water.
- Apply to the affected area using a cotton ball.
- Leave for few minutes and rinse with water.
- Apply moisturizer.
- Repeat regularly for best results.
- Note: For sensitive skin or spot treatment, dilute oil with aloe vera gel instead of water.

3. Tea Tree Oil with Aloe Vera

Aloe vera has anti-inflammatory property and it soothes the skin

- Mix a few drops of tea tree oil and two teaspoons aloe vera gel.
- Apply to the affected area.
- Leave for 3 – 4 hours or overnight.
- Rinse with water.
- Repeat regularly to treat acne.

4. Tea Tree Oil with Honey

Honey is a natural antibacterial that kills bacteria and heals skin.

- Mix a few drops of tea tree oil and two teaspoons of raw, organic honey.
- Apply to the affected area using a cotton ball.
- Leave for 3 – 4 hours or overnight.
- Rinse with water.
- Repeat regularly to treat acne.

5. Tea Tree Oil in Green Clay Powder Face Mask

Green clay powder is found in most health food stores.

- Mix 3 – 4 drops of tea tree oil, 2 tablespoons of green clay powder, and enough water to make a paste.
- Apply evenly to your face and neck.
- Leave for 20 – 30 minutes or until the clay dries.

Rinse with warm water and pat dry with a towel.

- Repeat regularly to clear acne.

6. Tea Tree Oil in Jojoba Oil Face Mask

- Mix 3 – 5 drops of tea tree oil, a teaspoon of jojoba oil, and half of a finely chopped tomato to make a paste.
- Apply to the affected area.
- Leave for 10 – 15 minutes.
- Rinse with water and pat dry with a towel.
- Repeat regularly for best results.

7. Tea Tree Oil with Plain Yogurt

Yogurt soothes irritated skin and reduces redness.

- Wash your face and pat dry with a towel.
- Mix 5 drops of tea tree oil and 1/4 cup of plain yogurt.
- Apply paste to the affected area.

- Leave for 15 – 20 minutes.
- Rinse with warm water.
- Repeat regularly to treat acne.
- Note: You can also use 2 – 3 drops of tea tree oil, 1 tablespoon of yogurt and 1 tablespoon of honey.

8. Tea Tree Oil with Homemade Scrub

This method is effective for treating cystic acne.

- Mix 1/2 cup of sugar, 1/4 cup of sesame or olive oil, 1 tablespoon of honey, and 10 – 12 drops of tea tree oil.
- Apply to a damp face using circular motions for 2 – 5 minutes.
- Rinse with warm water and pat dry with a towel.
- After that, wash it off with warm water and pat your face dry.
- Repeat regularly for best results.
- Note: Make a large amount and store in an airtight container for future use.

9. Tea Tree Oil in Cleanser and Moisturizer

This method combats stubborn pimples. Be sure to avoid the eye area.

- Add 2 – 6 drops of tea tree oil to your regular moisturizer and cleanser.
- Mix well and apply regularly.

10. Tea Tree Oil with Egg White

- Whisk 4 drop of tea tree oils and one egg white.
- Apply to the affected area as a mask.
- Leave for 15 – 20 minutes.
- Rinse with lukewarm water.
- Repeat regularly to get rid of acne.

11. Tea Tree Oil Massage

- Wash face and pat dry with a towel.
- Mix a teaspoon of tea tree oil with 9 tablespoons (or 3 tablespoons each) of either aloe vera gel, coconut oil, or olive oil.
- Cover face with a washcloth soaked in hot water to open the pores.
- Massage gently the paste into the affected area using circular motions.
- Leave until dry. Do not rinse your face.
- Repeat twice daily for best results.

12. Tea Tree Oil with Witch Hazel

Do not overuse this method as it may dry out the skin and make acne worse. Avoid direct sunlight as this method may make skin more sensitive to UV rays.

- Mix 3 – 5 drops of tea tree oil and 20 – 40 drops of witch hazel.
- Apply to the affected area using a cotton ball.
- Repeat 1 – 2 times daily for best results.
- Repeat regularly.

13. Tea Tree Oil with Olive Oil

Olive oil has anti-bacterial properties and many nutrients that promote skin health. This process wipes away makeup and dirt, leaving skin clean and acne-free.

- Mix 3 drops of tea tree oil and 2 tablespoons of olive oil.
- Cleanse skin with the liquid.
- Repeat regularly for best results.

14. Tea Tree Oil Products

There are many products that have harnessed the antibacterial and anti-inflammatory properties of tea tree oil for acne treatment. Try these products for added results.

- Some products like tea tree cleansers, moisturizers, soaps, lotions, and spot gels are available at the store or online.
- Tea tree oil gel deeply penetrates skin, drying acne and pimples. The gel is ideal for treating whiteheads, blackheads, pimples, and acne as it unblocks the sebaceous ducts. Apply a small amount of gel to the affected area twice daily. Add aloe vera gel to avoid overly dry skin.
- Tea tree oil soap is the right way to gently cleanse and disinfect skin. Tea tree oil soap will stop breakouts and prevent more in the future.

LEMON JUICE

Ascorbic acid kills acne-causing bacteria and helps the skin exfoliate and shed those dead skin cells that clog pores, making your skin smooth. It has astringent properties which dries the skin of excess oil, and its antioxidant properties keep your skin healthy.

APPLE CIDER VINEGAR

Here's another popular home acne remedy that kills bacteria, dries up excess oil, and balances your skin's pH.

OLIVE OIL

A light application of olive oil delivers vitamins and antioxidants that help your skin regulate oil production, discourages bacterial growth, and reduces infection and swelling.

Read <http://ozonyozone.weebly.com/extra-virgin-olive-oil.html>

GET RID OF ACNE SCARS

Sometimes acne leaves behind faint marks or scars where the acne appeared. Try these popular skin remedies to encourage your skin to heal.

Cocoa Butter

Loaded with fatty acids, it moisturizes and penetrates into your dermis, the deeper second layer of skin, where it nourishes and supports smooth skin.

Vitamin E Oil

Natural skin oils often contain vitamin E to heal and protect your skin. It helps reduce swelling and protects from free radicals and UV rays.

Turmeric and Mint

The antioxidant and soothing properties of turmeric can help keep your skin clean and encourage healing. Mint also helps soothe swollen skin, calms nerves to reduce pain and itchiness, and encourages healing. Combine the two in a blender to create a paste and apply to the acne. Adding this to your food will also help the internal attack on Acne.

Aloe Vera

What list wouldn't be complete without Aloe Vera?

Use the juice from a fresh cut aloe vera leaf, or use natural, organic aloe vera juice, there are better things available for **acne**, and it will not heal **scars**, unless they are very superficial

- Aloe may help heal acne scars!
- It's not an overnight solution – it can take a while, but many people report success with it.
- Aloe is not a complete treatment for acne, because it doesn't fix the root causes of acne.
- Aloe can be a helpful addition to a [holistic diet- and lifestyle-based treatment for acne](#).
- You need to [fix your diet and lifestyle](#) to really cure the root causes of acne (that's what [our book](#) is all about!).

References:

1. American Academy of Dermatology. [Acne: Who gets and causes](#). American Academy of Dermatology.
2. Kim HS1, Noh SU, Han YW, et al. [Therapeutic effects of topical application of ozone on acute cutaneous wound healing](#). J Korean Med Sci. 2009 Jun;24(3):368-74. doi: 10.3346/jkms.2009.24.3.368.
3. Travagli V, Zanardi I, Valacchi G, Bocci V. [Ozone and Ozonated Oils in Skin Diseases: A Review](#). Mediators of Inflammation. 2010;2010:610418. doi:10.1155/2010/610418.