

[Acne Treatment - Go Natural Or Use Medicine?](#)

A dermatologist can help discuss the different acne treatments currently available including treating acne with laser acne treatment or other acne surgeries. According to some researchers, the primary causes of acne are hormones and genetics, but this cannot account for every case. Natural skin care for acne is usually overlooked as many people are focusing on alleviating the symptom instead of solving the root of the problem.

It must be stated at the beginning that an exact cause of acne is unknown. Despite the endless research that has been done to date, nothing has ever been isolated as a primary cause for the development of acne. Teenagers are the most common sufferers of acne, purely because of the hormonal shifts that are associated with puberty. According to some researchers, the primary causes are hormones and genetics, but this cannot account for every case.

There are many treatments out there for acne but they all target different skin types. It is important to understand your skin type before you start any treatment in order to achieve optimal results. Once you have determined your skin type you can start an acne treatment and skin care.

There are many types of over-the-counter acne medication. Retinoids are a form of acne medicine that is produced from vitamin A and can be applied directly to the skin typically in the form of lotions or creams. Topical retinoid acne medicines are useful for treating blackheads and whiteheads by helping to open clogged pores. Topical prescription acne medicine may include ingredients such as zinc or retinoids.

Benzoyl peroxide has been proven to be safe and effective in combating lesions. It can also be used as a means of acne prevention once a breakout has cleared up by keeping the skin free from acne causing bacteria. The only side effect associated with this ingredient is dry skin, and this can be avoided by the use of moisturizer. As you can see, acne medication usually has its own side effects. While solving one skin problem, it may result in another type of skin problem and the solution to your acne problem may be endless as a result. That is why natural acne is gaining popularity nowadays.

The best acne treatment is the most natural acne treatment simply because the ingredients used are friendly to your skin and your health in general. For centuries, civilizations relied exclusively upon herbal and natural remedies for the treatment of every ailment, including acne.

Some examples of natural acne treatment include:

Fenugreek leaves

This remedy provides great prevention of breakouts and involves taking the fenugreek leaves, crushing them, and making a paste out of them.

Honey Mask

Another natural acne treatment is the use of honey because honey has naturally occurring anti-bacterial qualities. It is often applied to the face as a mask, killing surface bacteria.

Burdock (*Arctium lappa*)

Used as a blood purifier when taken internally and as an antibacterial when applied topically.

Dandelion (*Taraxacum officinale*)

Used as a liver purifier. The leaves may be applied topically in a poultice.

Chaste tree berry (*Vitex agnus*)

Indicated for acne associated with the menstrual period.

Tea tree (*Melaleuca alternifolia*)

Used as a skin disinfectant. It penetrates the skin layer and kills the bacteria. You can purchase tea tree oil or tea tree cream easily from most pharmacies.

Alternate Hot/Cold Compresses

A chief natural / best acne treatment that is recommended more often than not is the usage of hot and cold wet towel compresses to reduce swelling and eliminate clogged pores--the major culprit in the production of acne.

Oils and Juices

Though it can seem odd, the benefits of using natural substances like almond oil - which can actually help with the removal of acne scars - cannot be ignored. It is one of the best acne treatments. Apricot juice helps to alleviate the presence of cysts by cutting through them.

Because there are such a variety of approaches, knowing what is available will reliance you in deciding what the best option for you. Considering the fact that a large number of acne treatments are available, it can be hard to choose which one to try. It is a good idea to consult with a physician before using any kind of natural acne treatment.

About the Author

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