

Top Ten Tips to Fight Acne

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Top Ten Tips

1. The foremost factor to consider having acne and blemishing free skin is to maintain cleanliness in a regular basis. The best suggestion is to use skin care products with natural ingredients regularly to cleanse your face and you will have radiant skin with amazing results in the long run.
2. Acne is caused by bacteria and don't panic when you hear that most of it can form on your damp washcloths. So when you rub your face with that damp towel after you have washed you face – there is a very high possibility that some of the bacteria can switch back to your skin. **“Always Use a Clean Washcloth after cleaning your face”**.
3. Acne is caused when the pores in the skin gets blocked giving bacteria a chance to grow. So next time when you touch your face or your hairs brushes through the, know that dirt and oils are being transferred and the pores are about to get blocked. Make sure you keep your hands and hairs off-limits to your face
4. Would you believe if I say that you can fight acne just by drinking water? That's right – drinking lots of water along with a balanced diet can help flush the toxins from your face and also hydrate the skin.
5. When the acne affected skin area get itchy – you better not pick at them. By pinching your skin you are basically allowing more oils to flow through and possibly helping yourself to leave a permanent scar. Cleanse your face regularly using natural skin care products.

6. Oftentimes acne can be formed when there isn't sufficient air flow in between your clothes. Get rid of those tight outfits and switch to the ones that allow proper ventilation of your skin.

7. Get sufficient amount of sleep, because when you are taking that nap, the skin rebuilds itself and dead cells are replaced by new ones. Try to have a healthy life with proper balanced diet and exercise – you can earn a few extra years for your skin.

8. Cosmetics that are based on heavy oil composition should be readily skipped by women using them. Remember, ventilation is essential for acne free skin and when using heavy oil based makeup or lotion you are basically choking the skin and allowing bacteria to grow.

9. Recent studies have shown that refined sugar is related to the causes of acne and it is advised that high consumption of refined sugar to be skipped.

- 10 Smoking causes the skin to dry and also slower the process of building new skin cells effectively forming towards acne. In simple words – Stop Smoking.