

## **Acne Scar Removal - home remedies for acne scars**

*Source: Thomas*

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*Try simple and wonderful home remedies for acne scars!*

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Acne scars and acne pores are the marks of acne even after the acne is cured. Severe acne causes cysts (known as nodules) beneath the skin, which may lead to scarring. These acne cysts are more likely to leave permanent scars than other types of acne. These scars are often prominently visible on the face and therefore women get concerned.

Everybody who gets acne especially pimples, chances are will get scars even when totally not picking at them. If you are unable to prevent it, it is not the end of the world as scars can be removed **TOTALLY**. However chances of that with home remedies are rather slim. But, no matter what home remedies for acne scar removal are still able to in the least significantly reduce your acne scars.

[pubchin.com/health-beauty/acne-scar-removal/](http://pubchin.com/health-beauty/acne-scar-removal/)

Firstly to clear a very common misconception. Once your acne such as your pimple goes down, there will be a red spot left on your skin for quite a period of time such as months. That red spot isn't a scar, it is the aftermath of the previously swelling skin caused by the pimple. Now you remember when other parts of your body swell such as when you sprain a body part it turns red too, so it is a similar concept. **ONLY** if the red spot is still on your face after a year do you call it a scar.

You must be thinking, "What! I can't wait a whole year to finally find out whether it is a scar! No matter what it is, scar or not scar, I want to get rid of it immediately!"

Ok fret not as I will be teaching you methods to eliminate or at least significantly reduce that red spot that might turn into a future scar and any present scars. Home remedies for acne scar removal: [pubchin.com/health-beauty/acne-scar-removal/](http://pubchin.com/health-beauty/acne-scar-removal/)

### Icing

Icing is a very short term method that provides quick dimming of the red spot and scars by contracting the pores on your face. Get some ice cubes and put them in a paper towel or those kind of small transparent plastic bags that hold sandwiches, then put it on your face for a few minutes, take it off for about 20 seconds and repeat for a few times or as desired. This method is uncomfortable as you must bear with the chill on your face but works very fast. It is not recommended that you ice your forehead area as you might experience a sharp pain in your head which is very unbearable.

### Tomatoes & Cucumber

You must have heard of many times about the benefits of tomatoes and cucumber for your face be it eaten or applied on your face. Tomatoes are an antioxidant and help in preventing skin damage. Cucumber is cooling and helps in soothing irritated or inflamed skin. Both of them are good in tightening the pores of the skin just like the icing method.

Blend them together with some water to form a paste. Wash your face to make sure it is totally clean then

put the paste on your face for about 25 minutes and remove.

### Sandalwood

Ah, the famous sandalwood. Mix sandalwood and black gram together. The base of the paste can be milk or rose water. Try not to use normal water. Put the paste on the entire face or just the scarred area only and keep it there the entire night while you sleep. Next day, wash it off with cool water. Sandalwood is good in reducing skin irritation too due to the cooling effect.

### Rosehip Seed Oil / Lavender Essential Oil / Rosa Mosqueta Oil

Rosehip seed oil, lavender oil, and rosa mosqueta oil are all high in essential fatty acids. You can apply either of them or a combination directly to the scars to hasten the fading of the scars. If you are combining, mix in equal proportions and apply several times a day. Significant results are normally seen in around 6 weeks.

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