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Whether it is teenagers, elders and even babies, nobody is safe from acne. Every one of us has to go through the phase of acne once in life for must and it is not necessary that you get pimples. These are not the only form of acne, blackhead, whiteheads, zits etc. don't think you haven't got pimples so have not been a victim of acne. You might get some other form of acne.

Acne once comes it goes by leaving acne scar. If you think that using an acne scar cream would be enough for the treatment of the scars then you must know this thing that all creams do not work for everyone.

It is better that you visit the dermatologist in order to get proper and reliable skin care advice. Here are some of the remedies in order to get rid to acne scars:

- Water and sandalwood make a good paste. This paste can be applied on the skin like face packs as they act as an active remedy against acne.

- A simple natural ingredient that is really helpful in treating acne is honey. It is really effective in making acne scars go away. If you make it a part of your diet then it will also be a lot helpful.

- A good way to make your physical system healthy is to make fresh and raw vegetables in your meal. Apart from vegetables, fruits can also be taken.

- Water is a lot necessary in making your clean and body clean. Make sure you intake sufficient amount of water. It will make your skin look fresh too.

- Do not eat greasy and oily stuff it can also make acne appear on the skin.

- A good acne scar treatment is to apply lemon juice on your face overnight.

- Blackheads can be removed by applying egg white over the infected area i.e. where the blackheads have appeared.

- Make a mixture of tomato, Aloe Vera and olive oil and it apply it on to your face for getting a clear and acne free skin.

These acne scar treatments are much better than any other treatment. The surgeries, acne treatment products etc can never provide you long lasting results. They are just an artificial way to get rid of acne. If you want to ensure long and better results then for that you must opt for the natural remedies. They will be much safer, effective as well as harmless.

A little change in your eating habits can also prove to be very much useful. One thing you must clear up that hormonal changes are mostly the result of acne. If you will try to alter things in this phase, then it can be dangerous for you. Therefore, just prevent and opt natural remedies.

They will work well for sure. Teenagers mostly do not wait and they start to do experiments. This is not the right approach to deal with things. The best remedy is to go for the natural remedies. They are much result oriented.

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