



## Article Side

Olive Oil As an Effective Cleanser for Acne Problems by [Tedd Woods](#)

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Olive oil is one of nature on the day of the ingredients that have been found to effectively fight acne. This simple ingredient is widely known that could make your skin healthy, glowing appearance, they are used locally, or even incorporate it into our daily diet. Olive oil is generally used as an effective skin moisturizer, but now recently also been shown that it can be used as an effective cleanser facial acne.

It is less known that oil can be used as an effective cleanser, the only thing about it is to find the right one, which does not leave any residue on the skin, as well as add any excess oil. This is where olive oil is effective, and this is because the skin does not absorb this type of oil, it also does not leave any residue that can cause acne break-outs occur.

The great thing about using olive oil as a facial cleanser acne problems on a daily basis that, unlike traditional facial cleanser, it actually does not take away the skin of its natural balance. It is important that you avoid getting dry skin, it would mean that you skin is more prone to irritation and possible damage. This oil is an effective natural antioxidant, and you can take advantage of this benefit when you use it as a facial cleanser that can prove to be very helpful as well.

Olive oil consumption may help prevent the skin, which can be obtained through your sun burn in the sun and other damages. It is also rich in vitamins, which help to nourish your skin and make your own natural immunity against acne-causing factors, such as acne-causing bacteria. In addition, the use of olive oil daily may help you to achieve softer, smoother, radiant and younger looking skin.

Since olive oil is a natural remedy for side effects of its use is unlikely. So this would mean that you have found a very gentle facial cleanser that did not even irritate sensitive skin type. It really is an ideal daily facial cleanser without skin moisturizer that you can use to effectively deal with your acne problems.

If you choose to use olive oil, this function will always try to go for the organic type, and this is because this type of olive oil has all the essential items you need to make effective use of this type. You can certainly choose to use it as a facial cleanser, or you can add it to your diet, and in any case, it would still be beneficial for your acne troubled skin.

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[Tedd Woods](#) - About Author:

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