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Taking Good Skin Care with help of Mother Nature by [Miketysonwillson](#)

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Our skin is like a fine piece of cloth and is one of our body's most valuable assets. Skin is a very important organ of our body as it covers and protects everything that is inside our body. It protects our body, keeps it at the right temperature and allows feeling a sense of touch. But the scars on the skin are a matter of concern. A skin scar should never be considered trivial because they can result in serious itching, pain, anxiety and depression.

One can get skin scars by a burn or injury or by acnes, all this lead to formation of scar tissue which can look really ugly. Skin scars aren't so bad if they are small or are in a location that can be easily covered or hidden. But still we would prefer to find a more permanent solution to these skin scars rather than just concealing them. However, it is not possible for the skin scar to ever go away completely, but there are some treatments that can help minimize their size and appearance.

Skin scar formation is a natural part of the healing process after any injury. There are various factors that influence the way skin scars. A skin scar is primarily defined by the depth and size of the wound or injury and its location. But other features such as our age, heredity and sex determine the way our skin is affected by it. The best and easiest way to prevent scars would be to prevent wounds itself! Wearing protective gear while playing sports or riding a bike etc. is one way to reduce chances of getting hurt. But even with protective gear, it is possible to get hurt and when that happens steps must be taken to reduce scarring. Skin scars can be prevented by treating it well during the healing process of the skin.

The best way to treat a wound is to cover it as it heals so that the bacteria and germs can be kept out. Picking at the scab should be avoided because it tears at the collagen and that could lead to germs entering the wound. Vitamin C is also known to speed up the creation of new skin cells and the shedding of old ones. Rubbing Vitamin E on the wound after the scabs begins forming can also speed up the healing process.

Effective natural skin care can heal skin scars faster. Sandalwood and rose water mixed and applied to scars is quite helpful too. Other natural treatments include rubbing ice cubes on the face to lighten the pores. Applying tomato to the skin is an equally effective skin care treatment. Cucumber can be used as a toner. Applying raw garlic is another effective blemish treatment. Otherwise there are a number of medications, creams and blemish treatments to reduce the appearance of skin scars.

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