

Acne and using Essential oils for Skin Care

by Penny Keay

The skin condition, Acne, can be troubling not only for teens but for anyone. It is not unusual for adults to senior citizens to seek treatment for acne (and rosacea). These sometimes painful and infected skin blemishes have been an affliction of concern for many.

Often times, it seems, like nothing will work. Again, you may want to try a new skin regime to see if you can eliminate the eruptions and heal your skin. Many folks, like yourself, are looking for home remedies for acne.

Read through the information on this page to see if some of the suggestions here will help with your acne home treatment. For you, natural acne treatment may be just what you are looking for to give you clear and healthy skin.

To begin with, your natural acne remedy may include recommendations beyond essential oils including: eating a diet in which you eliminate sugar and refined processed foods. (Sugar causes a reaction in many peoples bodies that can cause acne eruptions to appear overnight.) Eating plenty of Vegetables preferably raw, whole grains and lean meats can also help. Fruit should be limited due to the sugar content.

Number one is to drink plenty of water. Many people never drink plain water. As you've been told before drink 6 to 8, 8 oz glasses a day of water, not just fluids. Your body needs real water for internal cleansing and to provide the needed moisture from within for your skin.

Now onto your new skin care program in your home treatment of acne.

Cleansing:

You'll want to clean your skin thoroughly. Using soap on you face can be very drying. You may want to try using a specially formulated cleanser for your skin type. Acne skin doesn't necessarily mean oily skin. Cleansing your skin should be at least a twice daily routine.

What is acne? Clogged pores that have become infected. They can appear as full blown eruptions, pimples and at the beginning, black and white heads. Acne can be caused from oily skin, dead skin cells that are not removed and even medications such as certain types of birth control and the use of cosmetics.

Scrubbing:

Some may need to do a exfoliating scrub once a week. Others only need to do this occasionally. Again, there are recipes to make simple scrubs using a variety of ingredients. Use your favorite.

Toning:

After cleansing/scrubbing you will want to use a toner. This is where you will first be using essential oils. A simple toner is to use a floral water, any will work, use your favorite smell. Simply apply to cotton balls or pads and gently wipe on face until all signs of dirt and cleaning residue are removed. Do not use toners that contain alcohol as they are drying to the skin.

An easy to make toner for acne is:

8 oz distilled water or a floral water
2 drops Lavender
1 drop Palmarosa
1 drop Rosewood

Place water in clean bottle, add essential oils and shake. Apply to the skin with a cotton ball, cleaning off all dirt and residue. Be sure to shake your toner before each use as essential oils will separate out (float on the top) of the water.

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If you have oily skin you can use this for your toner:

8 oz distilled water
2 drops Geranium
2 drops Ylang ylang
1 drop Lemon

Follow the directions as above.

Moisturize:

Next you will want to moisturize. Moisturizing protects your skin from all the elements of nature. Even oily skin needs protection. You will want to moisturize with the appropriate formula for your skin type.

For those suffering from eruptions you may want to try applying some spot treatments. These can be applied several times a day if needed.

Spot Treatment

To 4 ml Jojoba oil add
Lavender - 20 drops and
Tea Tree 20 drops.

Mix well. Place a small amount on the blemish. Can be applied several times a day. You do not need to add very much. Just a small amount on the tip of your finger.

Another Blend to try for Blemish treatment

4 ml of Jojoba add
Lavender 8 drops
Rosewood 8 drops
Tea tree 8 drops
Chamomile 4 drops
Geranium 4 drops
Helichrysum 4 drops
Lemon 4 drops

Blend well and apply a fingertip of this oil to the blemishes you wish to treat. Can be applied several times a day.

A couple other things - Don't squeeze any pimple, blemish, or 'heads'. Doing this spreads infection and damages delicate tissues that might cause scarring.

Also after you are done cleaning, etc. Try to keep your hands off your face. Touching your skin can introduce germs and dirt that might also trigger blemishes.

Please note, when you first begin a new facial cleaning routine you may experience new breakouts. Give it a few days, if not improving, discontinue and seek medical advice.

Hopefully these formulas will help to improve your skin and get the acne under control.

★ SPECIAL NOTE: ★ Many people afflicted with Rosacea often time find that the same home remedy, home treatment using essential oils for treatment of acne works great for the natural treatments of rosacea. You may want to give this natural home remedy a try to treat your rosacea too.

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