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How to treat cystic acne at home fast

Nobody likes acne or blemishes, but most people deal with these skin conditions at some point in their lives. Lots of products promise to clear up your face overnight, and some of them might. However, a mix of practical steps can also help you out and prevent future outbreaks. Know the BasicsPeople tend to have normal, dry, oily, sensitive or combination skin. Knowing your skin type can help you select the right products and skin care routine. For example, if you have dry skin, you'll want to take short showers and use rich moisturizers. If you have oily skin, you'll need to remember to clean your face after sweating and avoid popping pimples, which are slow to heal on your skin type. No matter what your skin type, one basic step toward clearer skin is to avoid touching your face throughout the day, and keep your hair off your skin as well.Avoid Cleaners with Harsh ChemicalsYou may think that using strong acne medications will eliminate pimples faster. However, harsh chemicals and exfoliants can create extra irritation and make blemishes worse. To avoid added redness and dryness, wash with a mild cleanser twice daily. This calms blemishes while cleansing acne-prone areas without over drying. It avoids stripping your face of important oils that balance the skin's pH levels.Skip on Tan SessionsSelf-tanning products or tanning beds can create multiple skin issues. Self-tanning products often contain harmful chemicals that irritate your skin. The UV lights from tanning beds make dry skin areas worse, creating more problems down the road for blemishes. When your skin is dry, your body produces more oil to overcompensate, which results in unwanted blemishes. You should also apply sunscreen daily to avoid premature aging and harmful rays that cause skin cancer.Say No to Oil-Based CosmeticsOil-based cosmetics cause multiple issues for those with all skin types. They clog pores, which cause blemishes like blackheads to appear. For skin blemish treatment, try using products that are non-comedogenic or water based like a BB or CC cream. Make sure to always wash all cosmetics off completely before bed to ensure clean skin and pores.Clearing Up Some Food MythsDespite the common warnings, oily foods and chocolate don't actually lead to pimples, according to WebMD. For a pimple to form, your pores themselves have to be blocked and inflamed by bacteria, oils and dead skin cells. However, it's possible for an allergic reaction to result in a facial rash or similar conditions. For example, some people experience bumps or skin irritation after consuming dairy products. If this happens to you, be sure to avoid that food whenever possible. MORE FROM QUESTIONSANSWERED.NET Written by Erika Klein and Kayla McDonnell, RD Medically reviewed by Sara Perkins, MD — Updated on March 22, 2022We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here's our process.Share on PinterestPhotography by Gabriela HasbunAcne is one of the most common skin conditions in the world, affecting an estimated 85 percent of young adults.Conventional acne treatments, like salicylic acid, niacinamide, or benzoyl peroxide, are proven to be the most effective acne solutions, but they can be expensive and have undesirable side effects, such as dryness, redness, and irritation.This has prompted many people to try to cure acne naturally at home. In fact, a 2017 study found that 77 percent of acne patients had tried alternative acne treatments.Many home remedies lack scientific backing, and further research on their effectiveness is needed. If you're looking for alternative treatments, though, there are still options you can try.This article explores 14 popular home remedies for acne.Acne starts when the pores in your skin get clogged with oil and dead skin cells.Each pore is connected to a sebaceous gland, which produces an oily substance called sebum. Extra sebum can plug pores, causing increased growth of bacteria known as Propionibacterium acnes, or P. acnes.Your white blood cells attack P. acnes, leading to skin inflammation and acne. Some cases of acne are more severe than others, but common symptoms include whiteheads, blackheads, and pimples.Many factors may contribute to the development of acne, including:geneticsdietstresshormone changesinfectionsStandard clinical treatments are the most effective for reducing acne. You can also try home treatments, though more research on their effectiveness is needed. Below are 14 home remedies for acne.Apple cider vinegar is made by fermenting apple cider, or the unfiltered juice from pressed apples.Like other vinegars, research has noted its ability to fight many types of bacteria and fungi.Apple cider vinegar contains organic acids, such as citric acid. Research from 2016 notes citric acid has been found to kill P. acnes in conjunction with zinc oxide.According to research from 2017, the lactic acid in apple cider vinegar may also improve the appearance of acne scars.While certain components of apple cider vinegar may help with acne, there's currently no evidence to support its use for this purpose. Some dermatologists advise against using apple cider vinegar at all, as it may irritate the skin.How toMix 1 part apple cider vinegar and 3 parts water (use more water for sensitive skin)After cleansing, gently apply the mixture to the skin using a cotton ball.Let it sit for 5 to 20 seconds, rinse with water and pat dry.Repeat this process 1 to 2 times per day, as needed.It's important to note that applying apple cider vinegar to your skin can cause burns and irritation, and most dermatologists wouldn't recommend it. If you choose to try it, use it in small amounts and dilute it with water.Applying apple cider vinegar to the skin may cause burns or irritation, so it should be used carefully. Always do a patch test before you use it on your face.Zinc is an essential nutrient that's important for cell growth, hormone production, metabolism, and immune function.It's relatively well studied compared with other natural treatments for acne.According to a 2020 meta-analysis, those who were treated with zinc had significant improvements in inflamed blemish count compared with those who were not.The recommended safe upper limit of zinc is 40 mg per day, so it's probably best to not exceed that amount unless you're under the supervision of a medical doctor.Taking too much zinc may cause adverse effects, including stomach pain and gut irritation.It's also important to note that applying zinc to the skin has not been shown to be effective. This may be because zinc is not effectively absorbed through the skin.A 2017 study found that the combination of honey and cinnamon bark extract exerted antibacterial effects against P. acnes.Research from 2020 indicated that honey on its own can block the growth of or kill P. acnes. Although, this finding doesn't necessarily mean that honey effectively treats acne.A 2016 study with 136 people with acne found that applying honey to the skin after using antibacterial soap was no more effective at treating acne than using the soap on its own.While the anti-inflammatory and antibacterial properties of honey and cinnamon may reduce acne, more research is needed.How toMix 2 tablespoons of honey and 1 teaspoon of cinnamon to form a paste.After cleansing, apply the mask to your face and leave it on for 10 to 15 minutes.Rinse the mask off completely and pat your face dry.Cinnamon may cause skin irritation. Always do a patch test before you apply it to your skin. Tea tree oil is an essential oil that's extracted from the leaves of Melaleuca alternifolia, a small tree native to Australia.A 2019 study found that applying tea tree oil to the skin may reduce acne.A small 2019 study found that, compared with benzoyl peroxide, participants using a tea tree oil ointment for acne experienced less dry skin and irritation. They also felt more satisfied with the treatment.According to a 2017 study, tea tree oil may be an effective substitute for topical and oral antibiotics that could cause bacterial resistance if used long term.Tea tree oil is very potent, so always dilute it before applying it to your skin.How toMix 1 part tea tree oil with 9 parts water.Dip a cotton swab into the mixture and apply it to the affected areas.Apply moisturizer if desired.Repeat this process 1 to 2 times per day, as needed.While research suggests there are health benefits, the Food and Drug Administration (FDA) doesn't monitor or regulate the purity or quality of essential oils. It's important to talk with a healthcare professional before you begin using essential oils and be sure to research the quality of a brand's products. Always do a patch test before trying a new essential oil and dilute any essential oil with a carrier oil so it doesn't burn your skin.Green tea is very high in antioxidants, and drinking it can promote good health. It may also help reduce acne. According to 2017 research, this is likely because the polyphenols in green tea help fight bacteria and reduce inflammation, which are two main causes of acne.There isn't much research exploring the benefits of drinking green tea when it comes to acne, and more studies are needed.In a small 2016 study with 80 women, participants took 1,500 mg of green tea extract daily for 4 weeks. By the end of the study, women who took the extract had less acne on their noses, chins, and around their mouths.Applying green tea to the skin may also be beneficial.A 2020 study found that applying green tea extract to the skin significantly reduces sebum production and pimples in those with acne.You can buy creams and lotions that contain green tea, but it's just as easy to make your own mixture at home.How toSleep green tea in boiling water for 3 to 4 minutes.Allow the brewed tea to cool.Using a cotton ball, apply the tea to your skin or pour it into a spray bottle to spritz it on.Allow it to dry, then rinse it off with water and pat your skin dry.You can also add the remaining tea leaves to honey and make a mask.Witch hazel is extracted from the bark and leaves of the North American witch hazel shrub, Hamamelis virginiana. Currently, there appears to be very little research on witch hazel's ability to treat acne specifically.In one small 2017 study funded by a skin care company, 30 individuals with mild or moderate acne used a three-step facial treatment twice daily for 6 weeks.Witch hazel was one of the ingredients in the second step of the treatment. Most participants experienced significant improvement in their acne by the end of the study.Research from 2019 also suggested witch hazel may fight bacteria and reduce skin irritation and inflammation, which can contribute to acne.How toCombine 1 tablespoon of witch hazel bark and 1 cup of water in a small saucepan.Soak the witch hazel for 30 minutes and then bring the mixture to a boil on the stove.Reduce to a simmer and cook, covered, for 10 minutes.Remove the mixture from the heat and let it sit for an additional 10 minutes.Strain and store the liquid in a sealed container.Apply to clean skin using a cotton ball 1 to 2 times per day, or as desired.It's important to note that commercially prepared versions may not contain tannins, as they are often lost in the distillation process.Aloe vera is a tropical plant whose leaves produce a clear gel. The gel is often added to lotions, creams, ointments, and soaps.According to 2018 research, it's commonly used to treat-abrasionsrashesburnsounsdnnskin inflammationAloe vera contains salicylic acid and sulfur, both of which are used extensively in the treatment of acne. Research from 2017 found that applying salicylic acid to the skin reduces acne.A 2018 study indicated aloe vera gel, when combined with other substances like tretinoin cream or tea tree oil, may improve acne. While research shows promise, the anti-acne benefits of aloe vera itself require further scientific research.How toScrape the gel from the aloe plant with a spoon.Apply the gel directly to clean skin as a moisturizer.Repeat 1 to 2 times per day, or as desired.You can also buy aloe vera gel as is, but make sure it's pure aloe without any added ingredients.Omega-3 fatty acids are healthy fats that offer a multitude of health benefits. Fish oils contain two main types of omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).A 2019 study showed that high levels of EPA and DHA can decrease inflammatory factors, which may reduce the risk of acne.You can also get omega-3 fatty acids by eating:Exfoliation is the process of removing the top layer of dead skin cells. It may improve acne by removing the skin cells that clog pores.Exfoliating may also make acne treatments for the skin more effective by allowing them to penetrate deeper, once the topmost layer of skin is removed.Currently, the research on exfoliation and its ability to treat acne is limited.In one small 2016 study, 38 patients with acne received eight microdermabrasion treatments at weekly intervals. The participants with acne scars showed some improvements following the treatments.A small 2017 study found that six weekly microdermabrasion treatments helped stimulate skin repair.While these results indicate exfoliation may improve skin health and appearance, more research is needed on acne. There are a wide variety of exfoliation products available, but you can also make a scrub at home using sugar or salt.Note that mechanical exfoliation can be irritating and may damage the skin. As such, some dermatologists recommend gentle chemical exfoliation with salicylic or glycolic-acid products.If you choose to try mechanical exfoliation, gently rub your skin to avoid damaging it.Shop now at AmazonHow toMix equal parts sugar (or salt) and coconut oil.Gently rub your skin with the mixture and rinse well.Exfoliate as often as desired, up to once daily.A food's glycemic index (GI) is a measure of how quickly it raises your blood sugar.Eating high GI foods causes a spike in insulin, which likely increases sebum production. As a result, high GI foods may directly affect the development and severity of acne.In a 2018 study, 66 people followed either a normal or low glycemic diet. 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