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# PERFECT SKIN MIRACLES

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## PERFECT SKIN MIRACLES

These acne home remedies were developed over a large period of time, tested, and proven to be beneficial to people across the world.

Before using the substances aforementioned below, get to know the benefits and values that each substance used holds.

It is a fact, our body has its own repairing and purifying systems. Keeping these systems working in perfect order is the best way of protecting yourself from toxicity. A weak immune system is easily identifiable when you get a common cold or when you are ill.

Keeping active by exercising regularly keeps the blood flow in full force and helps it reach all parts of the body, thereby giving quick supply to injured areas helping the natural repair kit the body contains.

Drinking lots of water, like seven to ten glasses of water a day would be optimal. Remember, your skin is the largest organ of your body and it is the first to lose moisture and dehydrate because it has more surface area, which is further increased by hair, which was mainly designed for perspiration.

Pores are holes in the skin through which sweat comes out of the body, a process called excretion. Sweating helps in controlling the temperature of the bodies surface. These pores may also have hair so that the fluid excreted from the pore gets more surface area to evaporate into the surroundings.

Pores when plugged by various substances like dust, dead skin cells, hair, or even thickened sebum blocking the pores would result in a state called acne which develops an inflammatory process when infected with bacteria inside the plugged pore.

The bodies mechanism of self-repair might reach there and try to fight the bacteria and generate a lot of pus, which is a collection of dead cells and infected material. This material if stuck in the pore

would worsen the inflammation of the surrounding tissue causing acne to form.

Treatment of acne consists of basically getting pores plug free and keeping the skin clean of bacteria and substances which might plug the pores.

Unplugging the pores, reducing the inflammation of surround tissues, and keeping the pores bacteria free like maintaining good hygiene is a valid form of acne treatment.

The following substances used below are the agents, which are rich in value and easily available in every home, supermarket or health store that have beneficial properties of either cleansing, healing, or strengthening the skin. The main job is to trigger the body to get rid of the disease process of acne.

There are a lot of home remedies available everywhere and a lot will continue to form over the years to come. These are a few of the solutions, which people have found helpful in getting rid of their acne.

Use only hypoallergenic nonirritating ingredients. Never include ingredients known to be allergens, irritants, or photosensitizers.

Photosensitizers cause skin to burn quickly when exposed to sunlight. When you are using photosensitizers for a treatment avoid exposure to sunlight for some time until the ingredients are either washed off from the surface or absorbed in the body.

Avoid consumption of too much food that might generate a lot of body heat, foods which would make the liver work harder to digest. Foods like eggs, meat and fried oily foods should be avoided.

Fresh green wheatgrass juice consumption regularly helps to strengthen the immune system of the body. This is a very good immune-strengthening agent used in Ayurveda, an ancient method of herbal treatment originating in India.

Citrus substances used in these remedies are not suitable for dry skin and may dehydrate your skin. Please identify if your skin is dry or oily.

However, citrus products are best for oily skin types. This can be identified by the tissue test. If a small piece of tissue paper when pressed on various parts of your face leaves a oily stain then the skin can be concluded to be oily, if not dry.

## **COCONUT OIL**

Cleansing the skin properly helps in the effective treatment of acne. Cleansing the skin helps decrease the duration of treatment. Fresh coconut oil, rose water, and glycerine are some good yet simple skin cleansers.

Apart from ingesting coconut oil, external application of virgin coconut oil on the face helps increase the color, glow, and tone of the skin. This has been known in India for hundreds of years.

People have a very good skin tone and are known for their incredible beauty in certain places where there is abundant use of coconut oil like in Kerala, South India. People in these areas have shiny, clear skin due to high use of coconut oil, either through consumption or application on the skin and hair.

Coconut oil is a very good skin softener, it is used in minor quantities like a few drops in bathing water to keep the skin soft and moist.

The lubrication from coconut oil helps the plugs of the pores to open easily and helps in tissue repair after the pores are opened. This also helps in strengthening the surrounding tissue of a pore in expelling any plugs if forms, either whiteheads or blackheads.

## **TEA TREE OIL**

Tea tree oil is well known for its various beneficial effects as a deep cleansing, antibacterial, antiseptic, antifungal, antiviral, and antimicrobial agent. It is especially recommended for teenagers, those with greasy skin or acne, yet is also suitable for use with children and babies.

After washing your face, put a small amount of tea tree oil on a piece of cotton wool and rub it across your face and let it dry. After a few minutes rinse it off with warm water.

## **SANDALWOOD**

Sandalwood, in the form of a paste helps increase the glow of the skin. Sandalwood powder is also used by lots of people in South India for various purposes, they even apply it on the forehead and temple to cool the blood flow to the brain. Sandalwood paste also helps to shrink large pores thereby preventing dust collection. Sandalwood also has a pleasant, sweet smell.

Mix sandalwood powder with water to create a paste, then apply it like a face mask and allow it to dry. Leave the mask on for about 20 minutes before washing it off with warm water.

Sandalwood oil can be used with a piece of cotton wool and applied to the face and can be left on the skin to be absorbed.

## **TURMERIC**

Turmeric paste is used in various forms in many places. It is consumed and also applied on the skin in various forms. Raw turmeric is grounded, powdered, and made into a paste. Turmeric is a very good antibiotic, which helps strengthen the immune system.

Turmeric consumed orally is easily absorbed by the body, especially by the organs surrounding the stomach, which are the major chemical factories of the body. This antibiotic fights bacteria within these organs thus helping the proper functioning of the organs too.

Turmeric paste mixed with Sandalwood powder or whole-wheat flour is very effective for all minor skin blemishes. Turmeric powder mixed with sugarcane juice helps to remove wrinkles and is good as an anti-ageing remedy. Turmeric mixed with pineapple juice is also very effective on dark circles under the eyes.

Turmeric is mixed in a lot of facial preparations mainly as an antibiotic. Turmeric powder is applied on red inflamed pimples, which is proven to reduce the inflammation and kill bacteria effectively. Other things are used in combination with turmeric to maintain moisture levels of the skin and nourish it such as coconut oil and vitamin E.

Sandalwood is the king of all woods for its smell and turmeric for its color. These are used extensively for skin care across the whole of India.

## **VITAMIN E**

Vitamin E oil, a very good skin conditioner and nourisher that also increases the flexibility of the fibers which are formed in scar tissue, thus making the scar tissue more flexible and recover faster. Massaging lightly will help the skin to glow, strengthen, protect from sunlight, prevents dehydration, and nourishes the skin during construction and repair of skin cells.

## **VEGETABLES**

Eating leafy green vegetables regularly helps with the healing properties of the skin, which are rich in Vitamin C. Consuming spinach mixed with grated carrot partially boiled in milk every morning helps. Including carrots and green leafy vegetables with day-to-day foods would also help repair and increase the glow of the skin.

## **STEAM CLEANING**

Hot wet towels placed on the skin are the best treatment for localized lesions, as heat dilates blood vessels and pores, followed by a cold towel, which has the opposite effect.

This alternating gives a flushing effect in the blood vessels and

increases the blood movement in the vessels which in turn helps the bodies repair kit to work more freely.

After using the hot towel, you may wipe your face with tea tree oil or apple cider vinegar to kill bacteria deep inside the pores.

### **SESAME SEEDS**

Sesame seeds have an antihistaminic property. When grounded and mixed with water as a fine paste it decreases inflammation of the skin due to allergies, skin rashes, scratched pimples, and acne.

Sesame seeds are very popular and very rarely will be available from your local supermarket.

Apply sesame seed paste to your face liberally like a face mask and allow it to dry. Leave the mask on for about 20 minutes before washing it off with warm water.

Sesame seed oil can be used with a piece of cotton wool and applied to the face and can be left on the skin to be absorbed.

### **HERBAL TEA**

Drinking herbal water, which is made by boiling the hair of corn, with 1 or 2 fenugreek seeds in a glass full of water will help in building and strengthening your immune system.

### **FENUGREEK LEAVES**

Fenugreek leaves paste applied over the face every night and washed off with warm water prevents pimples, blackheads, whiteheads, dryness, wrinkles etc.

### **ALMOND OIL**

Almond oil is a very good acne home remedy for dryness and inflammation of the skin. The outer skin of almonds can be ground like a paste and applied over the face daily and is good for removing scars of old pimples.

Almond oil can be mixed with vitamin E for scarring on a piece of cotton wool and massaged into the face until all absorbed.

### **APRICOT JUICE**

The fresh juice of apricots applied to your face is good for sunburn, itching, eczema, and is a natural cystic acne treatment.

### **BENGAL GRAM**

Application of Bengal Gram powder mixed with curds is also a very effective treatment for pimples and other skin infections and allergies. Green gram paste with glycerine is also an excellent face wash in place of soap to remove dirt without skin irritation, and is an effective bleach for an even complexion.

### **BUTTERMILK**

Curd or buttermilk is good for skin irritation. Curds along with wheat flour or bran is a good facial cleanser and beneficial for dry skin.

### **LIME JUICE**

The juice of one fresh lime added to a glass of boiled whole milk is excellent as a face wash for pimples blackheads, and for cracked skin.

## **GARLIC**

This method might be harmful to individuals. Please try test patches on soft spots such as the beginning of the upper arm before starting.

Garlic Juice with 3 parts water is an excellent cleansing agent.

Raw garlic applied on the face can make persistent pimples/acne even in adults disappear without a trace/scar with repeated applications.

The external use of garlic helps to clear the skin of spots, pimples and boils. Taking 3-4 pods of raw, skinned garlic, finely cut, combined with puffed rice and water helps to clear skin infections quickly. The raw smell of garlic can be avoided by first soaking the skinned pods for half an hour in milk.

## **GROUNDNUT OIL (PEANUT OIL)**

Groundnut oil, a teaspoon mixed with an equal amount of lime juice may be applied daily to prevent formation of blackheads, pimples etc. The lime juice will break the molecular structure of groundnut oil into amino acids so that the skin can absorb the oil.

## **MANGOES**

Raw mangoes with their leaves and skin boiled together or soaked overnight in water in mild cases makes an excellent astringent. This is good for epithelium, which is the tissue that covers the external surface of the body and prevents infection.

## **MINT JUICE**

Applying mint juice over the face every night cures pimples and prevents dryness of the skin, which is also used for eczema, dermatitis, and a lot of other skin infections.

## **NEEM LEAVES**

Neem leaves are known for their blood cleansing and antiviral values. Neem leaves paste, preferably grounded if swallowed with water will clear the skin. This will also remove bad odor from the mouth and cleanse the teeth.

## **ORANGE PEEL**

Orange peel, ground preferably on a grinding stone and mixed with distilled water or boiled water or rainwater can be applied on the face for acne. Fresh orange peel, rubbed on the face directly will also serve the same purpose.

## **MATURE GREEN PAPAYA (PAWPAW)**

Green raw papaya including the skin and seeds is extremely beneficial on swelling, pimples, acne, or any abnormal growth of the skin.

It prevents pus formation like an antiseptic, removes whiteheads, boils, freckles, and brown spots due to exposure to sunlight and most other skin diseases.

Papaya is also helpful in achieving a smooth and delicately glowing skin. The active chemicals in papaya are papain, alkalide carpain in leaves, and has cericin in its seeds.

## **POTATOES**

Raw potatoes have a chemical composition of potassium, sulphur, phosphorus and protein. The enzymes in raw potato pulp combined with its Vitamin C content and starch, are natural nourishment for

the skin.

The alkaline nature of potato juice acts as an antiseptic. The acid portion of the pulp helps remove decaying or dead skin. Applications of its juicy pulp grated or shredded clears skin blemishes, wrinkles, reduces age spots, prevents boils, pimples, blackheads, whiteheads and also gives a glowing and youthful look to the skin.

### **RADISH SEEDS**

Radish seeds compose a bleaching agent and its paste prepared with water applied over the face will remove blackheads and diminish freckles.

Radish leaves also if crushed and applied as a paste also helps in the process. Grated white radish makes an excellent astringent and bleaching agent for a fairer complexion.

### **RICE**

Fine powder of rice, ground at home and mixed with water acts as a paste for soothing and cooling bleeding pimples and other skin inflammations.

### **TOMATOES**

Ripe tomato pulp can be applied onto your face and kept there for about an hour and helps in the treatment of pimples and then should be washed off thoroughly.

### **HONEY**

Honey, a teaspoon mixed with water is good for all skin blemishes, and leaves the skin youthful and glowing. Honey mixed with milk, curds, and sesame seeds powder in equal proportions is a sure formula for fair and lovely skin.

## **FINAL NOTE:**

Please discontinue use if discoloration or irritation occurs, which is the first sign that your body may react adversely to the substances used in the this ebook.

All the herbs and supplements mentioned in this ebook should be readily available from most leading health food stores and some supermarkets but for your convenience I have given you a resource to order some of them directly from the internet.

## **SCARS FOREVER GONE**

Throughout life, everyone's skin will inevitably take a beating. You certainly can, and should, try to prevent damage to your skin by shielding it from the sun's harmful rays, drinking enough water, cleansing it gently, and paying attention to what you eat.

Your skin reflects your inner health, and will reward these efforts with a healthy, beautiful glow. However, some degree of trauma to the skin is, alas, unavoidable. The soft, flawless skin of a baby does not stay that way, and sooner or later we all pick up various scars and blemishes. While some of these may be sizable and significant, such as the scars that can result from a cut or injury requiring sutures, smaller scars, such as acne scars, can be dealt with effectively and in most cases eradicated using simple home remedies.

To a large degree, this is folk wisdom: not necessarily the sort of thing your family doctor would be able to tell you about, but tried and true remedies such as your grandmother might have used. There are many home remedies for acne scars and other small scars available to you, and for convenience, they have been categorized according to type.

The basic types of remedies covered in this chapter are as follows: One category is the herbal (sometimes called naturopathic, though

this is really a more general term) remedies – as the name implies, these involve the use of herbs, fresh or dried, as medicine. There are several effective herbal remedies for minimizing or eliminating acne scars or other small scars.

Another category of remedies consists of aromatherapy remedies. Aromatherapy is plant-based, but the plants' essential oils, rather than the plants themselves, are used. Though aromatherapy operates through smell, some essential oils can be placed directly on the skin – follow the instruction carefully, though, because many need to be diluted before you do so.

The third category is homeopathy. Though this is also considered a natural or naturopathic type of medicine, it operates according to a principle all its own, which will be described in detail in this section. Finally, there is a category of remedies that we have termed 'general', mainly because they do not exactly belong in any of the other categories. These are the real 'folk' remedies, sometimes considered old wives tales, but often more effective than any of the others. These remedies tend to be simple and easy to implement, sometimes using substances you might have around the house!

Regardless of which type of remedy you choose, there usually isn't a set length of time that treatment continues. You simply keep on using the remedy until you see a difference, or until the scar diminishes or disappears. Scars are all different, and whether the scar is old or new, deep or superficial, makes a big difference. In fact, the best time to treat a scar is while it's still forming. A newer scar will be easier to treat, and may disappear quickly. On the other hand, many people have successfully diminished or eliminated older scars using these methods.

Read through the descriptions of these remedies and see what appeals to you. In the process, you might also learn a little bit about the various branches of natural medicine. People have differing views on natural medicine, and we certainly are not implying that it can replace professional medical care in all cases. However, there are many small ways in which natural medicine can allow you to take control of your health, simply, safely, and effectively.

## **1. General Remedies**

Some of these suggestions are logical, while others may seem bizarre – all of them, however, are simple to use, safe, and (for the most part) composed of substances that you can find around your house or pick up from the grocery store.

### **Honey**

This is one of the simplest remedies for acne scars, other small scars, and stretch marks; many people swear by it. Several times a day, just dab a small amount of honey onto the scar, and rub it in. For one reason or another, this seems to have both smoothing and healing properties. In fact, it is thought that ancient warriors used honey on wounds to prevent scarring. Of course, honey is sticky, and might not be pleasant to use if you are treating a large area or multiple scars. However, for a small, localized scar, it's certainly worth a try!

### **Olive Oil**

Rubbing 100% pure virgin olive oil into a scar 2 or 3 times a day can minimize or even eliminate it, even if the scar is quite large. This works best on 'fresh' or new scars, but is worth a try even if the scar is older.

### **Vitamin E Oil**

Vitamin E is the 'skin vitamin', and vitamin E oil is probably the best known and most tested scar remedy. You can buy vitamin E oil capsules at any drug store; the cheap kind is fine, and it doesn't seem to make a difference whether the oil is from natural or artificial sources. Break open a capsule and rub it into the scar, once or twice a day. (And while you're at it, swallow a capsule each day as well, along with some vitamin C – both very good for the skin). The vitamin E treatment is virtually guaranteed to work for most scars. Don't bother with creams or lotions that contain vitamin E, however – using pure vitamin E oil is cheaper and more effective.

### **Neutrogena Facial Sunblock**

That having been said, it has also been reported that Neutrogena facial sunblock, rubbed into a small scar, can get rid of it. We think this is because the sunblock contains vitamins A, C and E.

### **Vitamin K Cream**

Another 'skin vitamin', this one is more readily available in cream form because it usually is not taken internally. Be sure you get a quality brand, and apply it twice a day, rubbing it in well. This will get rid of most scars in a period of two weeks to two months. There is also a benefit to eating foods that have a lot of vitamin K – mostly leafy green vegetables like broccoli, spinach and kale.

### **Sandalwood Powder Paste**

This one is a little more esoteric. Look for sandalwood powder at a specialty food store or health food store. Mix the powder into a paste, using water, rose water or milk. Apply it to the scar overnight, and wash it off in the morning. This will get rid of small scars in as little as a week.

### **Cucumber Juice**

Much like aloe vera, cucumber juice is soothing, cooling and healing. It is also a very mild astringent. This combination of qualities makes it effective at minimizing small scars. The simplest way to apply cucumber juice to your skin is to rub your skin with a freshly cut cucumber slice. Do this once or twice a day, allowing the juice to dry on your skin.

### **Lemon Juice**

Some consider this to be the most effective remedy for small scars and skin discoloration. Lemon juice naturally and gently bleaches the skin, and this makes it effective for certain types of scars that are essentially darkened or discolored spots. It will not totally get rid of raised scars or indentations in the skin, but it can improve their appearance.

You can squeeze some lemon juice onto your finger or a cotton ball and apply it directly to the scar. Or, if you have several areas of discoloration on your face, try this: wash your face as usual, then finish up with a few splashes of hot water with lemon. This is also a natural toner and can minimize enlarged pores. It helps clean the skin and prevents future pimples and blackheads. Lime juice is sometimes used instead of lemon; it has the same properties and is effective for the same reasons.

### **Egg**

This is to prevent scarring in the first place – and prevention is, after all, the best cure. After you squeeze a pimple, or sustain a small cut, prevent it from scarring by cracking an egg and fishing out the membrane that is just inside the shell. Apply a piece of this membrane (wet side next to your skin) to the cut or blemish. This will speed up healing, and prevent you from getting a scar.

### **Aspirin**

Make a paste by mashing up an aspirin tablet and adding a little water. Apply this to a new scar for several nights in a row, and wash it off in the morning. This is also effective if you have a swollen pimple; for some reason, the aspirin brings down the swelling.

### **Banana Skin**

Rub the inside of a banana skin on a small cut or blemish to help it heal and prevent scarring.

## **Vitamin C**

This is a simple one – make sure you eat plenty of Vitamin-C rich foods, such as citrus, tomatoes, strawberries – most fruits and vegetables, in fact. Adequate Vitamin C is essential for healing all skin conditions. This can be considered an adjunct to other treatments listed here – by all means, treat your acne scars topically, but take lots of Vitamin C while you're doing it. Take as much as you like – you can't overdose on water-soluble vitamins like Vitamin C.

## **Moisturizer**

Some scars will diminish or disappear if you treat them regularly with moisturizer. If you use moisturizer on your face anyhow, pay special attention to your scars – take a few moments to rub it in well.

## **Witch Hazel**

This is readily available in any drug store, and very cheap. Witch hazel is an astringent and toner. Over time, it will minimize simple or superficial scars. Witch hazel is useful to have around, anyhow – it is great for relieving itchy insect bites.

## **Hemorrhoid Cream**

For some reason, applying hemorrhoid cream such as Preparation H to acne scars causes them to disappear within about two weeks!

## **Raw Potato**

This may be the simplest remedy of all – just cut a thin slice of raw

potato, and apply it to the scar until your skin has absorbed much of the juice.

### **Oatmeal Scrub**

This is an old-fashioned way of cleaning the skin. It leaves you with a smooth, fine complexion, free of blemishes and discoloration. The very gentle exfoliation that this treatment gives your skin also plays a role in getting rid of simple or superficial scars.

You can buy a commercial oatmeal scrub, or you can make your own by putting some oatmeal inside a cheesecloth bag. Wet it, rub it over your skin several times, and rinse. Oatmeal has a natural coarseness, but it also gives off a light, natural oil. Both play a role in minimizing or getting rid of acne scars. Oatmeal is also very soothing, gets rid of inflammation, and relieves itching from insect bites, rashes and chicken pox.

## **2. Herbal Remedies**

Herbs were probably the earliest medicine. No one knows for sure exactly when primitive humans discovered that the plant life around them was capable of healing various ailments, large and small, but we do know that the active ingredients in many plants are very effective medicine indeed. In fact, many modern pharmaceuticals rely on these same active ingredients.

There are a few basic ways in which you can work with herbs. For use on the skin (ie. 'topical' use), you can make a poultice or a salve. A poultice consists of fresh herbs mashed up and applied directly to the skin, while a salve is like an ointment – the herbal ingredients are mixed with beeswax, glycerin, or a cream or lotion base.

For internal use, you can make an infusion – what we would commonly call an herbal tea – or a decoction, which is a much stronger, more concentrated kind of tea. A tincture is an herb that has been preserved in an alcohol base – you can buy these at a

health food or alternative health store.

### **Green Tea**

Green tea contains antioxidants that help the skin heal itself. One of the easiest ways to apply it to the skin is in a tea bag; steep the tea bag in hot water as if you were making tea (in fact, do make some and drink it!). Then, take the tea bag out, wring it lightly, and allow it to heal. Hold the tea bag against a newly formed acne scar or other small scar, for as long and as often as is convenient.

### **Calendula**

Calendula is more commonly known as marigold. Calendula flowers, both dried and fresh, are very soothing and healing for all types of skin ailments. If you are using fresh calendula flowers, mash them with a mortar and pestle to form a poultice. Apply it directly to the scar. You can also make a poultice of dried calendula by first steeping it in hot water, as if you were making tea. Then, squeeze the water out of the herb and apply it to the scar. Do this daily for up to two weeks. You can also buy salves and ointments made with calendula.

### **Aloe Vera**

Aloe vera straight from the plant is the simplest to use and the most potent. In fact, everyone should have one of these attractive, cactus-like plants at home; they are easy to take care of, and that way, you have constant access to the healing gel inside the aloe vera leaf. Just break open a leaf, squeeze some gel out, and apply it to the scar.

If you don't have an aloe vera plant at home, you can purchase bottles of the gel at almost any drug store. This is usually not 100% pure aloe vera gel, but it will still have some beneficial qualities. As well as getting rid of scars, aloe vera gel is very good for soothing sunburns.

For acne scars, it is also good to mix aloe vera gel with equal parts Vitamin E oil (which is an effective remedy in its own right) or honey.

### **Plantain**

Plantain grows as a weed in most temperate climates – once you know what it looks like, you will see it everywhere. Plantain is very good for all kinds of skin irregularities, including small scars such as acne scars. It can also be used to treat infected or cystic acne, thereby preventing scars.

Pick some plantain leaves and mash them to make a poultice. Apply this to the scar for an hour or so at a time, a couple of times a day. This may discolor the skin temporarily, but as the color is scrubbed off, the scar often disappears as well.

### **3. Aromatherapy and Essential Oils**

Aromatherapy is a type of natural remedy that uses essential oils – very concentrated plant essences. As the name implies, it is usually the ‘aroma’ – the smell – of these oils that is therapeutic. For example, inhaling certain essential oils such as chamomile or lavender can be calming and relaxing; others are rejuvenating.

Some essential oils can also be used topically – on the skin – to treat acne scars and other small scars. These are:

#### **Tea Tree Oil**

This is a very useful oil that is widely available nowadays. It is mildly astringent and it has several different uses, including preventing head lice! It is also effective for getting rid of scars and stretch marks. Just put a little on your finger or a cotton ball, and dab it on the scar a couple of times a day.

Tea tree oil has a strong smell, but many people find it quite pleasant. And there is an added bonus – not only will this help get rid of acne scars, but its astringent properties will also help prevent future blemishes.

### **Lavender Oil**

Lavender oil is the gentlest essential oil, and the only one that can be used directly on the skin even without being diluted with a 'carrier' oil. Dabbing a little lavender oil directly on a scar will diminish it, and sometimes get rid of it altogether.

### **Chamomile Oil**

Chamomile is very soothing to the skin; diluted with a carrier oil such as olive oil (add 4 – 8 drops of essential oil to an ounce of carrier oil). Rub it into the skin, around the area of the scar.

### **Carrot Seed Oil**

This is a less common essential oil that is recommended for more mature skin and older scars. Like chamomile, it needs to be mixed with a carrier oil.

### **Rosehip Oil**

This is often mixed with lavender essential oil and sometimes with frankincense, and marketed as a preparation that prevents and treats simple scarring.

## **4. Homeopathy**

Homeopathy has not gone 'mainstream' in North America, but in Europe, it is quite common and is sometimes prescribed by doctors.

Homeopathy is a system of natural medicine that is over 200 years old; it operated under the principle that “like cures like”. That is, the same substance that would produce certain toxic symptoms, when given in very tiny doses, cures those same symptoms.

That is why some homeopathic remedies have rather alarming names – such as ‘arsenicum’ (ie. arsenic)! You don’t have to worry about being poisoned by homeopathic substances, however; the amount of the original substance they contain is so tiny that it is not even measurable. In fact, according to the principles of homeopathy, the lower the concentration, the more powerful the remedy.

Homeopathic remedies are easy to find nowadays (look for them at any health food store or natural pharmacy) and they are even easier to take. They generally come in the form of tiny sugar tablets; just let them dissolve under your tongue.

Homeopathic remedies for acne scars are as follows:

### **Flouric Acid 3x or 6x**

(The numbers refer to the strength; the smaller then number, the greater the strength.) Take three tablets three times a day for two weeks. This is effective even for longstanding scars.

### **Silica 30x**

(or the lowest available strength) taken for three weeks, three times a day. Silica works by expelling anything ‘foreign’ from skin tissue. Some scars fall into this category.

Not all scars can be treated with home remedies, but many can. Small, superficial scars can almost always be eliminated. If you have had a scar for an extended period of time, or if it is large or deep, it may be harder to treat – but many people have had excellent results using these methods.

## **THE 3 MINUTE MIRACLE**

The 3 minute miracle is an extremely simple mental technique that uses the power of mind over matter.

Even though it is easy to perform, it can be very powerful.

I've tried it numerous times with great success. When I was younger I dreamed of winning the lottery as we all do and I thought I would give the 3 minute miracle a go.

Several days after doing the technique I had the experience of having numbers flash into my mind. I then went and played the numbers that I was able to remember (If your after an answer to a specific question, have a pen and paper nearby) and ended up winning a nice small prize.

Here is how you perform the 3 minute miracle:

1. sit down in a comfortable chair with your back straight and close your eyes.

breath in very slowly to the count of 5, hold your breath for 2 counts, then slowly release your breath over another 5 counts. Do this for 1 minute.

The idea is to totally relax your body. While concentrating on your breathing, go over your body and make sure all your muscles are relaxed and tension free.

2. For the second minute, softly say out aloud the outcome of your desire as though it has already happened. For example if you wanted your acne to disappear, you would say "my acne has disappeared" or something similar.

If you wanted to win the lottery, you would say "I have won \$.. on the lottery" or the horses etc.

You must really believe what you are saying. Try to feel the same as you would as if it really was true and your acne really had disappeared or you really did win some money.

3. For the third minute, with your eyes still closed, picture in your mind what you want to happen as though it has already happened.

If we take the acne example again, you might see your imaginary arm reaching up and touching smooth skin where you would normally have acne.

You might then walk up to someone you know and see them commenting on how good you look.

That's it!

The important things to remember are to relax as much as you possibly can, to really let go of every tension in your body, speak aloud with emotion and faith and finally see in your mind's eye as clearly as possible what you want to achieve as though it already has happened.

## **ACNE PRODUCT REVIEWS**

### **[Acne Free in 3 Days](#)**

Acne free in 3 days is an all natural approach to treating your acne. It may sound hard to believe that you can cure your acne in only 3 days but it really does live up to it's name because I've tried it. I had 'adult acne' especially on my back and by the third day I noticed as I was showering that there were almost no bumps on my shoulders while I was washing. A few more days later, without having to do anything, the rest of my pimples had disappeared. There are also some other very interesting but positive side-effects of the 3 day program, such as an increase in energy levels and a general feeling of well-being.

It works by following a mild detoxification program that lasts only 3 days. There is even an additional section for people with very resistant acne. I love this program because it's a 'one off' and doesn't require repeated use of any supplements or lotions but there are some people who would prefer this slightly easier approach.

For best results, you could combine the 3 day program with one of the highly-rated facial cleansers listed below or take [acuzine](#) after completing the 3 day detox which would be the optimum solution for people with severe acne.

**cost:** \$39.95 for the ebook.

**Guarantee:** Risk-Free 60 Day Money Back Guarantee

### [Acuzine](#)

If you want a simple acne treatment, you should consider acuzine capsules. Acuzine mildly detoxifies the body with anti-oxidants. Toxins are responsible for getting trapped in the pores of the skin, which can become blocked and then develop into acne. Toxins also slow down the function of the liver which is the organ that **controls hormone regulation**. If your body cannot properly deactivate hormones in the liver then they continue to cause your sebum glands to produce more oil.

Because the detoxification process is much slower than the 'Acne Free in 3 Days' program, it can take several months to obtain desired results.

Acuzine also contains Alpha Lipoic Acid which is the acne fighting chemical in flax seed oil. ALA is the chemical required for the body to produce prostaglandins (type of hormone) that are anti-inflammatory. Nearly all people are deficient in this essential nutrient and is the reason why some people have very red, and inflamed acne. [Click here for rave reviews of flax seed oil.](#)

Also contained in Acuzine are potent skin protecting and rebuilding nutrients: Ascorbyl Palmitate, Aloe Vera, Collagen Hydrolyzed and Co-Enzyme Q10. These nutrients help rebuild damaged skin and scarring resulting from acne and help in the formation of healthy new skin.

**Price:** \$39.95

**Guarantee:** 6 months, 100% money back.

### [GNC Natural Brand Flax Seed Oil](#)

Flax seed oil contains roughly 50% Alpha Lipoic Acid (Omega-3). ALA is the chemical required for the body to produce type-1 prostaglandins (type of hormone) that are anti-inflammatory. Type-2

prostaglandins are created from Omega-9 and are responsible for inflammation. Most people have way more Omega-9 in their diets than Omega-3 and is the reason why some people have very red, and inflamed acne. As soon as you balance these acids in your body, your acne should quickly start to reduce.

Flax oil also helps to thin out skin oil, making it easier to pass through pores without blocking them. Flax oil is a pleasant nutty tasting oil that can be mixed into salads or used in place of regular oil in the kitchen. You must be very careful not to heat flax seed oil though as heating damages the ALA and converts it into a different form of oil that is not beneficial for acne.

[Click here for flax seed oil reviews.](#)

**Price:** \$7.99

### **[Kiss my Face Pore Shrink Deep Cleansing Mask](#)** **[Kiss my Face Botanical Acne Gel](#)**

The bacteria that helps cause acne feeds on skin oil and dead skin cells so it is important to regularly deep cleanse your face. One of the best methods to deep clean your skin is with a mask.

The Pore Shrink Deep Cleansing Mask gently cleans away dead skin cells, while also increasing blood circulation to the face and helps to reduce redness and inflammation. There are also certain oils in the cleansing mask that are anti-bacterial, the main ones being clove, tea tree and lemongrass.

The Kiss my Face Botanical Gel also contains tea tree oil and is made to be used during the day for lasting anti-bacterial and anti-inflammatory effects that will leave your skin feeling clean and clear.

The gel and mask are best used together to form a complete skin-care regimen. If you're serious about ridding yourself of acne, then you should combine this external treatment with the acuzine, acne free in 3 days or flax oil internal treatment.

[Click here for rave reviews of tea tree oil.](#)

**Price:** \$26.98 For the Mask and Gel

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