

Acne Scars and Blemish Spots Got You Down? We Have The Solution

Melbourne, Victoria, Australia - 17 July 2012 - Acne and blemishes affect a person's quality of life more than we like to admit. Parents hope and pray that their teens won't be plagued by these problems, while adolescents who experience this can't help being stressed about it. Not to mention the scars that could last a lifetime.

Acne includes pimples, blocked pores (blackheads and whiteheads) and cysts and nodules that are deeper in the skin. While it occurs mostly in teenagers, adults can be plagued by it too, even into their 40s.

Some people think that acne and blemishes are caused by poor hygiene, but this is not the case. And if you wash too vigorously, thinking this will help, it will do the opposite. It will just irritate your skin, worsening the problem.

So what can be done about acne and blemishes?

Before getting disheartened, consider these effective remedies that will zap that zit and hopefully prevent acne in the future.

If you are a lady who wears foundation makeup, the first thing you may want to do is to look at the ingredients in your makeup. If it is an oil-based product, your foundation may be the culprit behind the acne problem. Change your makeup to one that has a water base so that your skin can breathe a little easier. This is one of the easiest home acne remedies there is.

Another remedy that works wonders in reducing the swelling associated with pimples is toothpaste. Apply toothpaste to the affected area at bedtime. Make sure to use traditional toothpaste instead of gels or whitening paste. When you wake up, you will find a small remnant of the acne, if any at all. This is among the most effective home acne remedies used over the years.

One more tried and tested strategy to battle the zit brigade is to wash your face twice a day. Make sure that you wash consistently and that you use a mild soap. Mild is the operative word. Harsh soaps can actually aggravate your skin.

You can use Papaya Soap (<http://papayasoap.org/>) which is known to effectively lighten and whiten your acne spots. It clearly shows how it transforms dark spots into whiter skin. Papaya Soap helps make acne, facial spots, and blemishes disappear. It also aids in eliminating redness and inflammation. Your complexion will start to glow and you get softer, smoother skin minus the dryness and flakiness. And to really top off the treatment, apply Acnessential niacinamide cream once per day as well. Niacinamide zaps the zits for good, while also moisturizing your skin, and fading hyperpigmentation and acne scars.

Try Papaya Soap now and see the difference. For more information, visit <http://papayasoap.org/> today.

About PapayaSoap.org

Papaya Soap is a rising, driven company offering natural skin lightening and whitening products made of papaya. It can be effectively used to exfoliate, lighten, and whiten skin to achieve that healthy, smooth and glowing skin.