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Effective Herbal Remedies for Acne, Dark Spots, Pimples by [Dr Easton Patrick](#)

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Acne, pimples and dark spots are common skin disorders found among people. At present, there are lots of herbal remedies available for curing skin disorders. Following natural remedies to clear up skin reduces the risk of adverse action on user. Remedies are usually prescribed according to the actual cause of problem. Virgin olive oil, enriched with multiple health benefits is an effective herbal remedy for acne, pimples and dark spots. It moisturizes skin surface and improves the health of skin cells. Minimizing free radical mechanism is one among the main advantages of using olive oil. This in turn delays aging impact and reduces the formation of wrinkles on skin. In order to minimize skin disorders, it is advised to avoid including junky and processed food items in diet schedule. Softening skin, improving hair strength, removing dead cells and curing dry nails are other health benefits of applying virgin olive oil.

Orange peel extract is found to be as an effective herbal remedy for acne, pimples and dark spots. In order to achieve best result, those people suffering from skin disorders are advised to apply a mask using orange peel extract thirty minutes before bath. For achieving best result, you can also use milk cream in combination with orange peel extract. It cleanses skin and controls the formation of pimples. Apart from preventing pimples, regular use of orange peel extract promotes fairness of skin safely without inducing any adverse action on user. Similar to orange peel extract, lemon juice is another effective herbal remedy for acne, pimples and dark spots. Nowadays, it is a widely prescribed home remedy for treating dark spots on skin surface. Applying lemon juice on skin surface exfoliates dead cells and reduces the occurrence of dark spots.

Diluted tea tree oil is a safe herbal remedy for acne, pimples and spots. It has been used for centuries for the treatment of acne troubles. Anti-bacterial property enriched in tea tree oil fights against bacterial attack and maintains skin health naturally. For improving skin tone, it is recommended to use tea tree oil in conjunction with other herbal oils like olive oil, apricot, almond or avocado oil. Tea tree oil in combination with aloe vera juice is found to be as an effective cure for treating acne, pimples and dark spots. Treating toenail fungus, curing warts, preventing dandruff and curing yeast infections are other health benefits of using tea tree oil.

Apple cider vinegar, enriched with multiple health benefits is an effective herbal remedy for acne, pimples and dark spots. It maintains pH level of skin and improves skin tone naturally. Curing sunburn, detoxifying blood and improving hair strength are some among the important health benefits of using apple cider vinegar. Lavender oil, one among the widely used relaxant oils is another effective herbal remedy for acne, pimples and spots. It eliminates dead skin cells and prevents the formation of dark spots on skin surface. Turmeric powder, fresh mint juice, almond oil and papaya juice are other effective herbal remedies for acne, pimples and dark spots.

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[Dr Easton Patrick](#) - About Author:

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