

## Why Natural Acne Skin Care is Best

Contributed by Webmaster  
Thursday, 04 March 2010  
Last Updated Thursday, 04 March 2010

Acne has been around for a long time. Most people have experienced acne in their lives but not all have to face it for the most part of the year. We can put the blame of acne on a lot of factors. It can be traced to genetics, the skin type, the hormones, the diet and even the lifestyle. Some causes may sound highly unlikely but if you take a closer look, you will certainly realize these mentioned factors do play a certain role in the occurrence of acne. When people have acne they often use a lot of time looking for the perfect product to cure their acne, what they dont know is that natural acne skin care can be as effective as well. This natural acne skin care is even cheaper than those sold in the mall.

One natural acne skin care natural acne skin care idea is by eating a healthy diet. Some people may attest that indulging in greasy or oil foods can lead to acne, although some would say it is not true, it wouldnt hurt if you start following a healthy menu by using fruits and vegetables in your day to day meals. Another natural skin care idea is by living a healthy lifestyle like getting enough sleep; reducing or avoiding stress, curtail smoking or drinking and of course taking a vacation once in a while. Proper skin hygiene is also a good addition to any natural acne skin care. Lastly, spices like garlic and fruits like lemon can also help in keeping your acne under wraps or even keep it from coming out at all.

Blogs