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How to remove acne spots from face at home

Share on PinterestWhenever you get a pimple, you probably want it to heal quickly. But sometimes, acne blemishes leave a dark mark on your skin even after the pimple is gone. This is frustrating, but not uncommon. Getting rid of these dark spots on your skin starts with understanding what causes them in the first place. When a pimple pops up on your skin, it's technically a form of inflammation. And as your skin heals and new skin cells form, it's possible that the cells sent to help restore your skin's smooth surface contain too much melanin. Melanin is what gives your skin its color, and when certain cells have more melanin than others, the result is a darker patch of skin. This is referred to as post-inflammatory hyperpigmentation. Anything that makes your skin inflammation last longer, like picking or squeezing a blemish, can increase your chances of post-inflammatory hyperpigmentation. People who have naturally darker skin tones are more prone to this condition. Keep reading to find out more about how to treat those post-pimple dark spots and how to avoid them in the future. Treating dark spots from acne is different than treating acne scars. Scars require tissue to be damaged or overgrown. Scars are difficult to fully remove, and while they may fade over time, they usually remain visible. Dark spots from acne, on the other hand, are flat against the surface of your skin. They don't indicate any long-term damage to your skin cells, pores, or follicles. It can take a while, but dark spots tend to become lighter over time, and eventually go away completely. It can take anywhere from 3 months to 2 years for them to vanish from view. That doesn't mean you have to wait forever in hopes that your dark spots will fade. There are plenty of home remedies, over-the-counter (OTC) products, and even dermatology treatments you can try to get rid of them more quickly. If you'd like to treat post-inflammatory hyperpigmentation, you can start with home remedies. Unfortunately, many of these home remedies have only anecdotal evidence to back them up. For the most part, there's little harm in giving them a try. Vitamin C Lemon juice is rich in vitamin C, which can brighten skin and even skin tone. Vitamin C has been shown to be an effective depigmenting agent that decreases melanin formation. Aloe vera If you look online, you'll find many fans of using aloe vera to heal dark spots from acne. It's true that aloe is an exceptional healing agent, especially when it comes to your skin. An animal study found that consistent use of aloe could stabilize melanin levels in cells, but more research is needed to know the limits of this effect. Grapeseed extract Grapeseed extract is another natural product that may work to help lighten dark spots. There aren't any studies on the topical use of grapeseed extract for this purpose. But there is a study that shows that 6 months of grapeseed extract taken orally was beneficial for people who have the skin condition melasma, which is similar to post-inflammatory hyperpigmentation. Sun protection According to research, treatment of any dark spots should start with a vigilant sun-protection routine. Wearing sunscreen with an SPF of at least 30 each day, regardless of if the day is overcast or humid, will help prevent more damage to your skin. There are also plenty of OTC treatments for dark spots that you can try if home remedies aren't helping. Active ingredients for these types of products vary widely, but some have been shown to be more effective than others. These ingredients stop the synthesis of melanin in dark spots while peeling off old skin and encouraging new growth. But some products carry a risk of removing too much pigment from your skin, resulting in hypopigmentation. Speak to your dermatologist before trying OTC products to get rid of dark spots caused by acne. Once you've received your doctor's OK, look for products that contain some mix of the following ingredients: retinoids (vitamin A) vitamin E (tocopherol) alpha hydroxy acids (AHA), such as mandelic acid kojic acid azelaic acid As a next step up from OTC treatments, you may want to look into treatments you can only get in a dermatologist's office. Treatments for dark spots aren't typically covered by health insurance, as post-inflammatory hyperpigmentation doesn't pose a danger to your health. Keep in mind as you consider this treatment that most, if not all, of the costs will come out of your own pocket. Chemical peels Chemical peels are done to remove damaged skin cells and reveal younger-looking skin underneath. The cost can vary, but expect to pay in the range of \$600 or more out of pocket. Chemical peels involve applying a strong solution of different topical acids to your face. The peel is then removed, taking layers of skin cells along with it. Microdermabrasion Microdermabrasion typically costs around \$150. It uses a device that blasts tiny particles at certain areas of your skin, or a diamond-tipped device is rubbed over your skin. Microdermabrasion is a next-level exfoliating treatment that aims to buff away imperfections and leave your skin looking smooth and evenly toned. It's often used to target dark spots, including ones caused by acne. This treatment is considered lower risk and minimally invasive. Laser resurfacing Laser skin resurfacing uses different types of lasers to remove dead skin from your body while encouraging new cells to grow in the deeper layers of your skin. Lasers can be a way to break up scar tissue and correct dark spots caused by acne. The cost of this treatment varies according to the type of lasers that are used and how many rounds of treatment you need. Expect it to cost between \$1,000 and \$2,000 per treatment. Be careful when using certain products that claim to treat dark spots caused by acne. For one thing, some of these products contain powerful retinol ingredients. These ingredients work by thinning out layers of your skin. While that may result in skin that feels more smooth and looks more evenly toned, that leaves you more vulnerable to damage caused by sun exposure. Be sure to apply sunscreen every day as part of your beauty routine. Also, remember that not every cosmetic product is regulated by the Food and Drug Administration (FDA). Be particularly careful of products that are bought internationally or sold online. Some cosmetics contain ingredients like mercury, even though these ingredients won't be disclosed on the label. Use your discretion, and only shop from vendors you trust. If you find that you're developing dark spots frequently, or if the appearance of these dark spots is affecting your day-to-day life, it's time to speak to your healthcare provider. If you're concerned about your dark spots and don't already have a dermatologist, you can view doctors in your area through the Healthline FindCare tool. Creating a treatment plan with your dermatologist can give you a realistic perspective of dark spots caused by pimples. Having a plan and a professional to call on can make all the difference. As a pimple heals, your body sometimes produces cells with too much melanin in them to replace the damaged skin. This results in post-inflammatory hyperpigmentation, which we sometimes just call a dark spot. There are home remedies, OTC options, and even some dermatologist treatments designed to make these dark spots fade faster. Speak to your doctor if you're at all concerned about dark spots from acne on your skin. Wondering whether witch hazel works? Or if Bio Oil is any good? Find out what home remedies and beauty treatments are best to use to combat scarring caused by acne in our guide. If you're struggling with acne - don't worry - it's a common issue for people of all ages, especially teens and women going through the menopause. Acne happens when you've got a hormonal imbalance in the body. Any changes in your hormones cause glands to produce more oil than usual, which then causes your skin pores to get clogged up, allowing bacteria to grow. So you know why it happens, but we all know it doesn't end there. If you've tried to take things into your own hands, and got impatient, you'll know that acne can sometimes leave scarring after a bad breakout. Anyone who has experienced scarring will know that the marks don't go away easily. They are usually red or brown with uneven, trenched texture to them, causing long-lasting damage to your skin. Sometimes scarring can be visible weeks or even months after your breakout, so finding the right products and remedies to treat your skin is key. It's best to steer clear or harsh chemical treatments and if you're after more natural things to use, there are plenty of home remedies you can try, but ultimately you need to be patient. Aloe vera is a great acne treatment (iStockphoto) Aloe Vera is anti-inflammatory and has antibacterial properties so is a great tool in your acne scar treatment arsenal. What to do: You'll need the actual aloe vera leaf - scoop out the gel after you cut it open or you can use Apply the gel to the scars and massage it in. Leave it for 30 minutes. Rinse it off. Repeat 2 or 3 times daily. OR Mix 1 tablespoon of aloe vera gel and 2 or 3 drops of tea tree essential oil. Apply it to the scar. Rinse it off with cold water after 10 to 15 minutes. Use once daily. Buy now - PraNaturals Pure Aloe Vera Gel 200ml, £6.99 2. Lemon Lemon is a good natural way of fixing it Lemon works as a natural bleach and helps lighten any kind of scars on your skin. It removes dead skin cells, promotes new skin cell growth and improves skin elasticity. What to do: Apply fresh lemon juice directly on to the scars using your fingertips or a cotton bud. Leave it for 10 minutes, then rinse it off with water. Repeat 1 or 2 times a day. Mix equal amounts of lemon juice and honey. Use a cotton ball to apply to the scars. Leave it for 10 to 15 minutes. Wash it off with water and pat dry. Repeat once a day. OR Mix 1 teaspoon lemon juice with 1 teaspoon of vitamin E oil. Apply to your acne scars before going to bed. Wash it off the next morning. Repeat daily. Buy now - Biona Organic Lemon Pressed Juice, not from concentrate 200ml (pack of 6), £11.94 3. Coconut Oil Use coconut oil This is a rich source of vitamin E and fatty acids. Rub coconut oil into the skin Apply warm coconut oil to the scars Massage onto scars for 5 to 10 minutes Leave for an hour Rinse with warm water Mum and boyfriend texted about killing daughter, 3, in days before she died OR Mix lavender oil with 1 tablespoon coconut oil Apple to area and massage in for a few minutes Leave for 20-30 minutes Rinse it off with warm water Repeat once or twice daily for several weeks Buy now - Sevenhills Wholefoods Organic Extra Virgin Raw Coconut Oil (Cold-Pressed) 1L, £11.99 4. Vitamin E Oil Vitamin E is another great ingredient for skin (Getty Images) The oil is an antioxidant so helps repair the skin. Puncture the end of a vitamin E gel capsule. Take out the gel and apply directly on the scarred skin. Do this 2 or 3 times a day. OR Mix 1 vitamin E capsule contents with 1 teaspoon of castor oil. Apply it on the affected skin before bed. Leave it on overnight. Rinse it off the next morning - use warm water. Repeat daily. Buy now - Holland & Barrett Vitamin E 100iu 100 Softgel Capsules, £5.99 5. Baking Soda Baking soda - the stuff of miracles (Getty) Baking Soda works as a mild exfoliant to help fade the scar tissue by layers. Mum and boyfriend texted about killing daughter, 3, in days before she died 2 teaspoons of baking soda into a bowl. Add water to make a thin paste. Apply the mixture on your acne scars. Leave it on for a couple of minutes, then rinse it off. Repeat once daily for several weeks to help fade your acne scars. Buy now - Arm & Hammer Baking Soda 16 Oz, £3.88 6. Apple Cider Vinegar Apple cider vinegar (iStockphoto) The acidic property of apple cider vinegar helps lighten pigmentation in the skin. It also stimulates collagen production, repairs cells and removes dead skin cells. What to do: Mix equal amounts of raw, unfiltered apple cider vinegar and water. Dip your cotton ball in it and apply it to scars. Leave for 5 minutes. Rinse it off with water. Repeat daily. OR Mix 2 tablespoons of raw, unfiltered apple cider vinegar with half a cup of water and 2 tablespoons of honey. Use a cotton ball to apply it. Leave it or 10 to 15 minutes. Rinse it off. Repeat once daily. Buy now - Braggs Organic Apple Cider Vinegar 473ml, £6.99 5. Cocoa Butter Palmers Coco Butter is a great moisturiser for scarred skin It gets easily absorbed into the skin locking in moisture. It helps regrowth of the tissue, reducing scars. Apply a small amount of cocoa butter directly on the scars. Massage in to help it get absorbed into the skin. Repeat daily before bed and wash it off the next morning. Buy now - Palmer's Cocoa Butter Formula Moisturizing Lotion 250ml, £2.99 The Mirror's newsletter brings you the latest news, exciting showbiz and TV stories, sport updates and essential political information. The newsletter is emailed out first thing every morning, at 12noon and every evening. Never miss a moment by signing up to our newsletter here. 7. Turmeric Turmeric powder is Dienneke Ferguson's secret weapon (Getty) Curcumin, the active ingredient in turmeric, is loaded with skin-healing properties. It also has anti-inflammatory properties. Mix 1 tablespoon of turmeric powder with a little lemon juice to make a paste. Apply it to the scars. Wash it off after 15 minutes with warm water. Pat your face dry and apply a moisturizer. Repeat twice daily. OR Mix 1 teaspoon of turmeric powder, 1 tablespoon of plain yogurt and 1 teaspoon of extra-virgin coconut oil. Apply it to scars. Allow it to dry. Using wet fingers, gently scrub it on your skin. Take a minute. Wash it off. Do it 2 or 3 times a week. Buy now - Banjara's Powder (Turmeric Kasturi Pack) 100g, £7.99 8. Honey Honey (Getty) The honey has antibiotic and healing properties. It can help treat acne as well help clear scars. What to do: Apply honey on the scars, cover it with a bandage or gauze and leave it on overnight. In the morning, wash it off with warm water. Repeat daily before going to bed. OR Crush 2 or 3 aspirin tablets into a powder. Mix it into 2 teaspoons of honey. Apply it on your scars and leave it for 15 minutes. Wash it off with lukewarm water. Repeat once daily. Buy now - Pure Gold Premium Select Manuka Honey 525+ Mgo 500g, £35.22 9. Witch Hazel Witch Hazel is a great ingredient that soothes skin (Getty Images) Witch hazel is touted as one of the best remedies for acne scars. The natural astringent can help control inflammation, and decrease the redness. It can also decrease bacteria growth on the skin. You can use gel, wipes and other beauty products such as facial toners as part of your daily skincare routine. Buy now - Witch Doctor Skin Soothing Gel, £4.81 10. Rosehip Oil Rosehip oil is perfect for everyday use Rosehip oil is an excellent beauty product that helps calm and repair the skin. The gentle facial oil also helps to exfoliate and brightens skin over time too. High quality Rosehip oil contains essential fatty acids, vitamin E and antioxidants that promote skin rejuvenation and good health, ideal for combating scars and marks left by breakouts. Buy now - Trilogy 100% Natural Certified Organic Rosehip Oil 20ml, £19.40 11. AHAs and BHAs Cleansing your face should be an essential part of your skincare routine Using gentle exfoliators like AHAs and BHAs can do wonders for your skin. If you're at sea when it comes to acronyms HA stands for alpha hydroxy acids such as glycolic and lactic acids which are anti-ageing. BHAs known as beta hydroxy acids, refers to salicylic acid, which is anti-bacterial and anti-inflammatory. Both naturally chemical exfoliants help to rejuvenate the skin without being harsh or damaging. Nowadays there are plenty of beauty brands who offer gentle AHA and BHA exfoliators that can be used regular in your skincare routine. Buy now - REN Ready Steady Glow Daily AHA Tonic 100ml, £15 Best cleansers for acne-prone skin from CeraVe. Caudalie and more Molly-Mae Hague praises Nip & fab products that are clearing up her skin Dos & Don't to avoid acne scarring Do not pop or squeeze acne spots - resist the urge at all costs no matter how juicy or ripe a pesky breakout looks. - Touching the area can help spread bacteria and dirt across your face, which can lead to infection. Do use sunscreen to limit harsh sun exposure - even in the UK. UV exposure causes spots to darken so incorporating a daily moisturiser with SPF is an easy way to protect your skin. Products like Simple Kind to Skin+ Protecting Moisture Cream or more sensitive skin like Ambre Solaire's are perfect for everyday use. Do try and use chemical free products where possible, natural ingredients like vitamin C aids inflammation and fades patches, so products like Viola Skin Vitamin C Serum are great to use regularly. Do go to a specialist and get regular facials. Talking to a dermatologist about your skin, can provide a wealth of advice if you're at your wits end. Professional treatments such as Intense Pulsed Light Microdermabrasion are expert ways to reduce scars and wrinkles over time. Do drink plenty of water - it is one of the easiest and most effective ways to flush toxins out of your body and leave you with clearer skin. And it is free. Read More Read More

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