HEALTHY TIPS

# 10 Beneficial Methods to Relieve Acne Scars

By bestfolkmedicine · 22/08/2019 · 2 min read




*Acne scars are pits and elevated tissues and bumpy areas that develop after the healing of acne wounds.*

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*According to the AAD, serious skin problems are the reality for around 50 million Americans. Milder acne scars may heal on their own; however, other ones may remain permanently.*

*To help encourage their healing, it's good to know that there are some pretty amazing natural remedies.*

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*This being said, if you're dealing with acne scars that you want to remove, check out the list below. We'll be presenting 10 useful home remedies that are inexpensive and you probably already have in your kitchen.*

**10 Good Remedies for Acne Scars**

- **Cucumber juice**

This is the perfect skin toner which can better the skin's texture. Plus, it lowers inflammation, helps heal the scars, and soothes the skin surface.

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- **Tea tree oil**

This diluted oil can help with acne scars by destroying the bad bacteria and neutralizing the acne bacteria that can be present on the skin and turn into acne.

- **Honey**

This natural moisturizer is not uncommon for the treatment of acne scars. You can add it to your diet, but also apply regular honey facial masks.

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- **Water**

In addition to consuming sufficient amounts of water to help remove toxins, it's also important for expelling dead skin cells and forming healthy skin cells. Drink lukewarm water in the morning.

- **Strawberry leaves**

Wash them well and use strawberry leaves on acne scars to help speed up the recovery of the skin.

- **Mint juice**

Mint juice is abundant in nutrients and it may be helpful in management of inflammation and help with acne symptoms.

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- **Lavender oil**

Apply quality lavender oil onto the scars to rejuvenate and revitalize the skin as it's abundant in regenerative characteristics.

- **Olive oil**

To lighten acne scars, apply some olive oil by gently massaging it into the skin for a smoother and scar-free area. Thanks to the antioxidants in it, it will help in the clearing of the scars.

- **Egg whites**

Use a cotton ball to apply egg white onto the scar. Leave it overnight and rinse the skin in the morning. Thanks to the protein in egg whites, the healing process will be faster.

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- **Sandalwood paste**

Apply a blend of sandalwood paste and rosewater and apply it onto affected areas. Leave it overnight and rinse it off in the following morning. Repeat the procedure until you notice improvements.

Sources:

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