

# PIMPLES/ ACNE



पिंपल्स से छुटकारा  
पाने के 5 घरेलू  
उपाय

# Causes

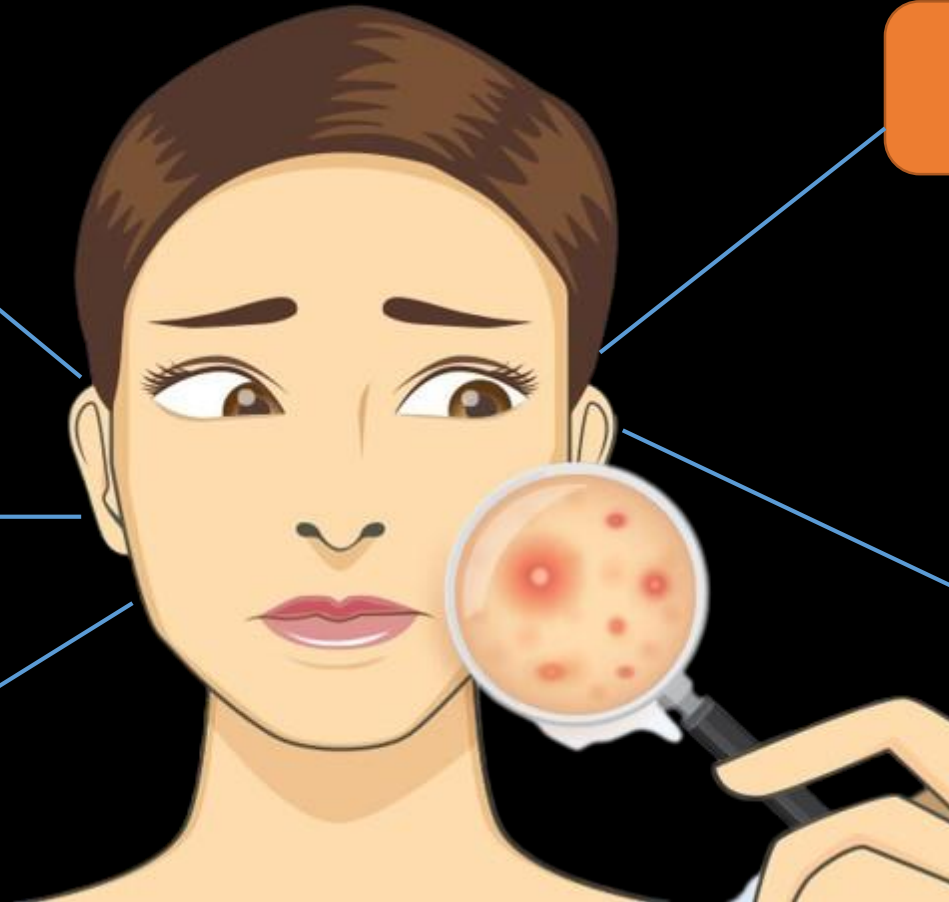
**diet**

**genetics**

**stress**

**hormone  
changes**

**infections**



# 1. Iced green tea

- In warm water and steep a green tea bag into it.
- Freeze the water and allow it to form ice cubes take one ice-cube and rub all over the face.
- It contains a high amount of antioxidants and antiseptic properties that fight free radicals that damages your skin.

## 3. Methi and rosewater mask

- Soak a handful of methi seeds for atleast 5 hours.
- Grind them in a fine paste, Add few drops of rosewater to it.
- Apply the paste on your face.
- Fenugreek has antiseptic and anti-inflammatory properties that stops and reduce growth of pimples, blackheads and other skin infections.

## 2. Baking soda and lemon juice mask

- Take a bowl add 2 tablespoon of baking soda and add 1/4 cup of lemon juice to it.
- Make a thick paste, Apply the paste to the affected area.
- Once it dries take some water on your hand and slowly scrub the affected area on your face.
- Lemon acts as a natural bleach that lightens the skin and remove dark spots.

## 4. Sandalwood, tulsi and rosewater mask

- Take about 2 tbsp of sandalwood powder, Add few crushed tulsi leaves and few drops of rose water.
- Make a thin paste, apply this paste evenly on the face.
- Sandalwood helps in tightening the pores, removing impurities, excess oil and reduction in the redness of pimples.
- Tulsi possess strong antibacterial and anti fungal properties that makes pimple heal faster.

## 5. Yoghurt and honey mask

- Take 2 TSP of yoghurt and 1 TSP of honey and mix it thoroughly.
- Apply the mask for about 10 minutes. Rinse it off with luke warm water and pat dry.
- Yoghurt contains alpha hydroxy acids that helps in reducing the redness of pimples, acne scars and other blemishes



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# MEDICINE DICTIONARY

(Complete A TO Z Information)

पाइये दवाइयाँ से सम्बन्धित  
सम्पूर्ण जानकारी



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