

6 Lifestyle Tips for Reducing Acne

1. Water is Best

Water is by far the most effective treatment for acne. The main support for this claim is the fact that water is alkaline (pH 7.3) and can be considered as a natural treatment or an almost free acne treatment. Thus, it is best that you drink at least eight glasses of water per day (10 to 12 is better). This will help your body in getting rid of oil, waste and toxins, and water even helps to moisten your skin as it keeps your pores from clogging.

Perhaps what is most important is that, water helps to relieve stress and relax your body in the end, so you can have a better sleep. Note that water and sleep are factors that help reduce stress. Along with this, try to lessen your coffees, sodas, teas and alcohols intake as much as possible. The reason behind this is that they are partial diuretics that they drive more water out of the cells of the body than they put in.

2. Avoid Astringents

If your goal is to have a beautiful skin, then you should try to avoid astringent natural soaps and any astringent agents that shrink your skin's pores, such as oatmeal, witch hazel, very cold water and rubbing alcohol. It was found out actually that when your skin pores shrink, more oils are clogged in the pores of the skin, causing the onset of acne.

3. Avoid Stimulants

Coffee, tea, cigarettes, as well as excessive sugar from sweets and soda should be avoided. It is often said that anything potential for affecting the entire body, brain and nervous system can easily stimulate the sebaceous glands to release more oil. This oil has to leave the body through the pores, worsening your acne in the end. Stimulants even trigger stress.

4. Watch Your Diet

Note that diet affects acne. So be careful with what you eat. As much as possible, try to eat foods that are low in fat, as fats produce more oils in the body that are capable of producing acne.

5. Avoid Alcohol

A number of people think that alcohol is one of the best ways to relax and relieve stress. Well, alcohol may do this, but studies have found out that alcohol causes the formation of acne. It is considered capable for producing acne knowing that it is an astringent, thus it shrinks the skin pores, making them more prone to clogging. Aside from that, alcohol inhibits sleep, therefore causing more fatigue and stress, leading to worse acne.

6. Hot and Very Cold Count

When considering baths, you should avoid hot and very cold water on areas of the skin affected by acne. Use warm water instead; perhaps well below 98.5 degrees on your skin.

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