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DIY at-home acne remedies



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TAKE ACNE INTO YOUR OWN HANDS

You can combat acne at home with ingredients you probably already have in your cupboard. These DIY at-home acne remedies are gentle and effective.

You don't have to be a teenager to experience the angst-inducing effects of acne. Thankfully there are several at-home remedies you can easily put together to help soothe your skin and combat a dreaded breakout.

Dr. Agnes is the founder of [AcnEase](#), a unique provider of alternative and complementary health care solutions in the U.S and global marketplace. According to Dr. Agnes, scientists have found that cocoa can contain more antioxidants per cup than red wine or green tea.

There is also data suggesting that regular eating (or drinking) of dark chocolate without sugar (or strong dark chocolate-based cocoa [without sugar]) can calm skin that's been irritated by sun exposure, and in general, improve skin texture, hydration and appearance. Cocoa butter is actually a familiar additive to many cosmetic products such as body butters, creams or scrubs.

She notes that, in general, chocolate and chocolate-based products are good natural choices to improve your skin. It will act as a moisturizer (makes skin smoother and more supple); calm irritated, dry skin; promote rejuvenation from inside out and help detoxification.

Dr. Agnes' Chocolate Skin Wrap

Keep in mind that the Chocolate Skin Wrap is *not* recommended for people with active severe acne. It is, however, recommended for people with acne scars and marks or who have dry and irritated or tired skin.

Dr. Agnes says that chocolate has highly firming and nourishing qualities, so if you want to firm your neck and chest, here is a simple (and a bit messy) way to do it. Make sure your skin is clean before applying this wrap.

Ingredients:

- Unsweetened dark or semi-dark chocolate (the amount depends on the size of the area to cover)
- 2 teaspoons light cream

Directions:

1. Melt the chocolate on the stove over low heat, and continue to stir until completely melted. The amount to use depends on the size of the area to cover.
2. Add a teaspoon or two of light cream to the chocolate, until you reach a smooth consistency (think ketchup and not mayo).
3. Allow the mixture to cool so that it is just warm and no longer hot.
4. Smear the mixture on your neck and chest, and leave it on for about 20 minutes. As you wait, relax, and maybe put a chamomile compress over your eyes.
5. Rinse the wrap off in the shower, or wash it off with tepid water and a soft cloth.

DIY aspirin-lemon juice acne paste



Much less expensive than over-the-counter or high-end salon treatments, this DIY aspirin acne paste can be effective in clearing up a blemish. This treatment comes from [Dr. Oz](#) and is easy to make with a few ingredients you have at home.

Aspirin contains salicylic acid, also included in many acne treatments where it acts as a chemical peel to reduce acne and scarring. The lemon juice in this paste can work as an exfoliant to get rid of dry or dead skin, and the baking soda acts as a neutralizer to the acid. Simple to make, give this one a try.

Keep in mind that if you are allergic to aspirin, you should not use this treatment. Also, before applying the paste to your face, first test it on your inner arm where your skin is more sensitive, to help ensure you can tolerate the ingredients. Don't forget to first wash your face to remove any dirt or makeup.

If you feel any discomfort after applying the paste, immediately rinse it off with the baking soda and water solution. After using the paste, you may find your skin becomes a bit dry. Use an SPF moisturizer in your skin care routine to help eliminate any dryness.



Ingredients:

- 6-12 non-coated aspirin
- 1/8-1/4 teaspoon lemon juice
- 1/4 cup water
- 1/2 teaspoon baking powder

Directions:

1. Combine six to 12 non-coated aspirin with just enough lemon juice to cover them (about 1/8 of a teaspoon juice for six aspirin).
2. Combine the water and baking powder in a small bowl, and set aside.
3. Let the aspirin dissolve in the juice, and then mix it to form a thin paste.
4. Apply the paste to the area where your blemish is, and allow it to sit for a few minutes.
5. Remove the paste with a cotton ball dipped in a solution of baking soda and water.

DIY soothing oatmeal paste



Talk about a simple solution! This DIY soothing oatmeal paste couldn't be easier to make, and it can do wonders for your skin. Not only is oatmeal good to eat, but it's good for your skin, too. Oatmeal can reduce the redness from acne and help soothe inflammation on your skin. You'll find many over-the-counter skin care treatments that include oatmeal in the ingredients. It's been used for years to treat irritated skin, dry skin and even as a natural remedy for acne.

Before you apply the paste, pull your hair back away from your face and wash your face to remove any dirt or makeup.



Ingredients:

- 1/4 cup rolled oats
- 1/4 cup boiling water

Directions:

1. Grind the rolled oats in a food processor or grinder.
2. Boil the water.
3. Mix the rolled oats and the hot water in a small bowl to form a thick paste.
4. Important: Allow the mixture to cool completely before applying it to your skin. When cool, apply the mixture to your face. Leave it on for about 10 minutes, and then rinse it off with warm water and a soft washcloth.

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