

Water As A Natural Acne Remedy - Could It Be Possible!

Contributed by article11
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As you may already know, there are many acne treatment products available. Some of these treatments include over-the-counter cleansers, creams, and medicated pads. Other acne products involve prescribed medications provided by a dermatologist. However, the increasing popularity of natural remedies has also become prevalent in treating many common conditions, and acne is no exception.

Surprisingly, water is considered as one of the best natural remedies for treating acne. Water? Yes! Water... and for good reasons! Water is used to hydrate the body, which, of course, hydrates the skin as well. The skin, being the largest organ in the human body, must be properly hydrated to work correctly and serve its purpose. This is accomplished in two ways: by washing the face, which hydrates the surface of the skin, and by drinking water, which hydrates the entire body, from the inside out. This, of course, includes the skin. Drinking plenty of water will keep the skin looking and feeling healthy. Healthy skin cells promote a healthy body. Now you've got one more good reason why you should drink lots of water ;-)

Doctors tell us we should drink six to eight eight-ounce glasses of water a day. Although this might sound like an overused cliché, and "six to eight eight-ounce glasses of water a day" seems like a lot of water to drink in one day, think of what it can do for your body. In addition to improving skin tone and texture, it can stimulate cell growth and will help all your organs work correctly. It also helps filter out unwanted substances that can be harmful to your skin.

Water is also a crucial component deep within your skin. It provides the basis for a soft, smooth, and healthy complexion and will help you look more youthful. Though very little water is stored in the outer layers of your skin, this moisture is important and is constantly removed by outside elements such as sun and wind.

Sun and wind can dry your skin, removing moisture and irritating its surface. When this occurs, pre-existing acne can become even more irritated, which in turn prolongs the problem. While irritation won't directly cause more acne to form, it can worsen the problem. It is important to keep proper moisture in the skin.

You've probably heard that oily skin does not need moisture. This is one of the most common myths. Just because skin is oily, it doesn't mean it is moisturized. By cleansing the skin, you are wiping away excess oil, and by moisturizing it, you are helping it remain smooth and decreasing your chances for irritation.

As the best natural remedy for treating acne, water helps to properly hydrate the skin. This not only promotes and stimulates cell growth, but also helps the other organs of the body work together. If properly hydrated, the skin will not wrinkle or sag as easily, and will appear youthful for a longer period of time. Even though water is not the only natural remedy that you can use for treating your skin, it is the most important. Without it, the skin could not do its job in keeping the rest of the body in the best possible condition. So, don't forget about the many benefits that water provides for your skin, especially if you suffer of any type of acne. Try to give your skin a little bit more help - a little bit more water.