

12 tips to remove acne scars quickly and effectively with natural ingredients

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Are you having trouble with **acne** scars? Acne is common because changes in **hormonal hormones** in puberty are common, but acne can also be inherited or caused by skin diseases, like Cushing's syndrome. Many people believe that **the cause of acne** is due to eating fatty foods, but this is not entirely true.

If you don't want to leave acne scars, you don't need to use expensive treatments because there are many natural methods that can remove acne scars. These methods are completely safe, easy to use and do not harm the skin. Let's take a look at **12 tips to remove acne scars** quickly and effectively with natural ingredients below!

1. Coconut oil



Coconut oil is one of the best natural moisturizers and skin healing properties. Just wash your hands and take ¼ teaspoon of coconut oil into your hands. After that, apply coconut oil directly to your face with your fingers and leave it on your face for as long as you like. [9 ways to make beauty with coconut oil simple and effective]

2. Potato juice



If you want to remove **acne scars** quickly, use potato juice. Potatoes are rich in minerals and vitamins that help skin heal effectively. Simply slice the potatoes into thin slices and apply to your face for 15 minutes, then wash the potato juice off your face with warm water.

3. Honey



Honey can remove scars and pure honey will be more effective than processed honey. You can buy pure honey directly at local farms or health stores. Simply massage a small amount of honey on the acne spot for the time you want.

4. Aloe vera



Aloe vera Aloe Vera gel contains a lot of **vitamins** to help **fade acne scars** . Let the gel soak in your face for about 30 minutes then rinse with water and dry your face.

5. Apple cider vinegar



Apple cider vinegar is a natural antiseptic that balances the body's pH. In addition, apple cider vinegar is also an effective antimicrobial and antiseptic **treatment for acne** .

Mix 1 part apple cider vinegar with 1 part water and apply makeup remover to acne scar. Leave on for 10 minutes then rinse and dry. You can use this method once a day until you see the results. [13 great uses of the PAP may not be known]

6. Lemon juice



Lemon juice can remove acne scars by **lightening the skin on the scar** . Mix 1 part lemon juice with 1 part water then rub on the scar. Leave on for 20 minutes, then rinse with water and apply moisturizer.

7. Stone tablet



Applying stones to acne can quickly reduce the redness of inflammation. Put on the stone and put on the scar for a few minutes, you will see clear results.

8. Tea tree oil



Tea tree oil has **antibacterial, antiseptic and antifungal properties**, this is the best way to remove acne scars. Mix 2 drops of tea tree oil into 1 tablespoon of water and then apply makeup to the skin. Remember to never apply undiluted tea tree oil directly to the skin, because the tea tree oil is so strong that it can make your skin worse.

9. Baking soda



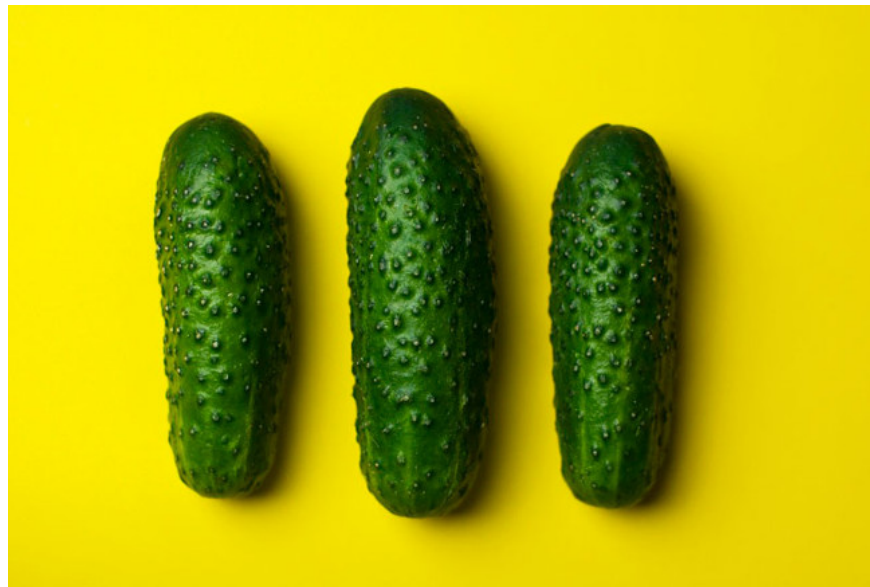
Baking soda eliminates acne scars by peeling skin. Mix 2 teaspoons of baking soda with 2 teaspoons of water, then apply that mixture to the scar. Leave on for 3 minutes and rinse with cool water.

10. Olive oil



Olive oil is benign to the skin, which contains lots of **vitamins** including vitamin A, vitamin D, vitamin E and vitamin C. Apply olive oil to scars and massage. Leave oil on your face for 1 hour, then rinse with cool water.

11. Cucumber



Cucumbers are able to moisturize and contain vitamins that are good for **acne scar** removal. Put cucumber slices on the acne spot for 30 minutes then wash your face. You can do this every day for the best results.

12. Exfoliating sugar



Removing dead skin cells with sugar helps to remove acne scars by peeling skin. Mix 3 tablespoons of sugar with 2 teaspoons of olive oil, then apply to the face and leave for 20 minutes then rinse with cleanser.

However, it is important that " *prevention is better than cure* " so you can prevent scars from acne following these steps:

1. Don't touch your hands with acne - squeezing acne is more likely to cause acne.
2. Washing your face often helps prevent acne breakouts that can leave scars.
3. Avoid scars that come into direct contact with the sun - over time the scars caused by the blurring will fade, but the sun can slow this process and make the scars become "dark. color "more.

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