

# How to remove acne effectively in just 1 day

Excessive excretion of skin during the summer makes you always face the risk of acne spots and acne at any time. So how can you reduce acne and get rid of acne in just one day?

1. 12 tips to remove "acne scars" quickly and effectively with natural ingredients
2. 12 natural foods that help your skin stay young
3. 7 scientific tips that help goodbye wrinkles effectively

**Acne** usually occurs randomly and unpredictably, so many of us have encountered unpleasant situations when there is an appointment tomorrow, the day before going out acne, adversely affects aesthetics. So how can you reduce acne and get rid of acne in just one day? In the following ways, only one night your swollen pimples will collapse significantly.

Excessive excretion of skin during the summer makes you always face the risk of acne spots and acne at any time. Blemishes or swelling on the face will definitely make you feel less confident in communication. To **remove acne in just one day**, you first need to clean your face and remove dead skin cells. Then, apply astringent such as benzoyl peroxide or salicylic acid, to acne spots. Besides, you can apply home remedies like ice cubes, use tea tree oil or small crushed Aspirin to treat acne inflammation. Invite you to consult!

## Part 1: Prepare

### 1. Wash your face thoroughly



To remove acne, the first thing you need to do is **wash your face thoroughly** with a mild and effective cleanser. Acne is caused by bacteria entering the pores, so you need to wash your face thoroughly. Some people often use washcloths, but actually using their hands to wash their face also has the same effect with less skin irritation. Using the amount of cleanser in accordance with the instructions for use, rub it well with warm water and apply it to the face in circular movements.

## 2. Exfoliating skin



You should practice skin exfoliating habits every week with products specifically for acne skin. Exfoliating means removing dead skin cells and accumulating on the epidermis, creating an opportunity to form a new bright and non-acne-prone skin. Wash your face with a mild exfoliating product and don't rub too hard.

### 3. Rinse



Wash your face with cold water and rub gently when washing. After warm water causes pores to clear the inside of the cleanser, cold water will constrict the blood vessels and make the pores and surrounding skin tighten.

## Part 2: Using astringent

### 1. Use astringent for acne skin



**The astringent** is the agent that causes skin to shrink or shrink the pores. Some acne products on the market today contain many antibacterial ingredients, astringent antibiotics to treat acne and cleanse the skin. No matter what product you use to treat acne, astringent is also the most effective and quick way if you don't have enough time.

## 2. Try benzoyl peroxide



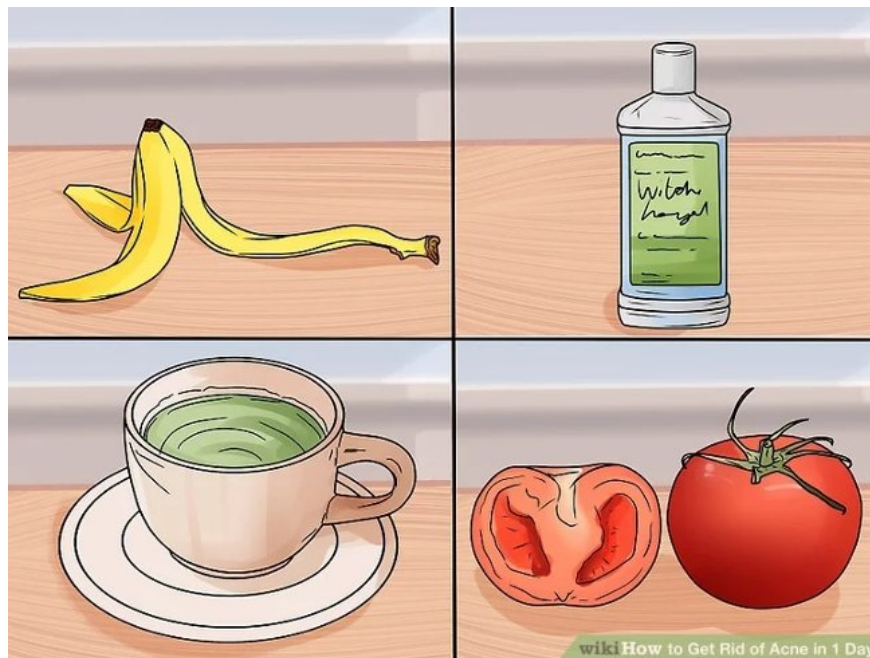
Benzoyl peroxide is used to kill bacteria that cause acne. Benzoyl peroxide has many different densities, of which benzoyl peroxide 2.5% concentration is as effective as 5-10% concentrated product, but less irritating to skin. In addition, benzoyl peroxide also helps to remove dead skin cells, leaving skin feeling light and full of life.

## 3. Use salicylic acid



Like benzoyl peroxide, salicylic acid kills bacteria that cause acne and helps skin cells grow faster to create new skin cells. Apply a small amount of salicylic acid on acne-prone skin after cleansing and before going to bed.

#### 4. Consider using natural astringents



In addition, you can use some natural ingredients with astringent properties available on the kitchen shelf or in your refrigerator. If you want to treat acne quickly, you can use any of the following natural ingredients:

1. **Banana peels** are not only effective in treating insect and mosquito bites, but also help reduce acne size. Simply rub the banana peel over the acne-prone skin or put the banana peel with a little salt, 1 teaspoon of vinegar and 1 tablespoon of maple leaf syrup into the machine to puree. Then, apply the mixture on your

face and leave for 7 minutes. Wash your face thoroughly and dry it.

2. **Hazelnut water** is an excellent astringent with many uses. You should look for products with hazelnut seeds that do not contain alcohol. Apply a small amount to the affected area and allow to dry.
3. **Green tea** is a special astringent rich in antioxidants that can help reduce signs of aging by fighting off free radicals. You can soak a bag of green tea in hot water, then scoop out the tea bag and apply it right away to the affected area.
4. **Tomatoes** containing acids can help break down acne and reduce acne. Acid helps to tighten pores and fight bacteria. You only need to apply half a tomato on each side of the face.

## Part 3: Using materials at home

### 1. Apply ice cubes to inflamed acne spots



**Apply ice cubes** to the wart until the skin has numbness, then wait until the skin is warm again.

1. Ice cubes help reduce pore size by shrinking blood vessels under the skin. If acne causes pain, ice cubes will help relieve pain.
2. If you have a lot of acne, you should rub the stone slowly onto each small area of ??your face.
3. This is the only " *at home* " therapy that has been proven to reduce the size and number of acne. The effectiveness of other acne reduction methods is limited or unconfirmed.

### 2. Try using tea tree oil



**Tea tree** oil is an essential oil with antibacterial properties that can kill bacteria that are accumulating in pores. Tea tree oil has anti-inflammatory properties that significantly reduce the size and redness caused by acne. You can add tea tree essential oil to the top of the Q-tip swab and apply it to the acne. Note that you should not apply too much essential oil.

### 3. Crush Aspirin



Crush the aspirin into a powder and mix it with water to form a mixture. Then, use a cotton swab Q-Tip, then apply the mixture to completely cover the acne. Wait for the mixture to dry and leave overnight. Aspirin is an anti-inflammatory that can help the skin fight inflammation so that acne is less prominent.

See more: 10 great benefits of Aspirin may not be known

#### 4. Try using toothpaste



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**Toothpaste contains silica** - a desiccant in dry beef bags and many other foods. In theory, toothpaste can dry out acne overnight, reduce the size of acne but this is not an effective way to clean the skin. Note: Be sure to use natural toothpaste to apply to the skin. Some types of toothpaste containing sodium lauryl sulfate can irritate the skin. Carefully check the ingredients of the toothpaste before applying it to the skin.

### Part 4: Looking for a long-term solution

#### 1. Sleep



Lack of sleep and stress can alter the amount of hormones in the body, making acne easier. You should try to get 8 hours of sleep every night.

See also: 14 body signs that show you're not really as healthy as you think

## 2. Reduce stress in life



Although the cause is unknown, doctors say there is an association between stress and skin disorders, especially acne. In some ways, sebum-producing cells - the cause of acne - become more difficult to control when you are overly stressed.

1. **Find creative ways to relieve stress** . Some people will walk to reduce stress, others relieve stress through drawing. You just need to find and do the right way that you think is best suited to reduce stress.
2. **Try practicing meditation** . Reflect to be more aware of yourself, focus on your breathing and gradually focus on things that are beyond your body limits, then put your mind into a state of no longer any thought. The meditation method takes time but is worth a try.

See also: Scientifically proven: Meditation helps our brains to be "young" and healthy

### 3. Wash your hair often



**Oil from hair** can cause acne. Also, you should replace pillowcases every week. Oil from hair and face that sticks to the pillow is often very dirty and easily irritates the skin. You need to avoid dirty oil from sticking to your face. If you have long hair, you should tie it back and avoid getting hair on your face.

### 4. Exercise



Except for muscle damage or bone damage, exercise is considered a panacea. Exercise improves circulation, giving you healthy and bright skin. Some notes when exercising:

1. Always apply **sunscreen** when exercising outdoors. Improving circulation to the skin will not be of any benefit if you do not protect your skin from sun damage. A gentle sunscreen should be applied, not irritating or irritating to the skin.
2. Wash or clean people after training. After sweating due to exercise, pores can be filled with salt and dirt. Therefore, you need to wash, especially in the face area, after exercising.

## 5. Take acne medication



These drugs have shown to reduce or eliminate acne in many ways. You should talk to your doctor or dermatologist about the most effective medicine.

1. For women, some **oral contraceptives** may help treat acne. Birth control pills regulate the amount of hormones your body produces, thereby reducing acne.
2. Other **antibiotic drugs** have the ability to attack acne-causing bacteria, helping to reduce the number of acne as well as fighting inflammation. Patients are often given high doses and gradually reduce the dose.
3. For severe acne, your doctor may prescribe **Isotretinoin** or **Accutane** . Isotretinoin vitamin A derivatives help shrink sebaceous glands. However, the drug carries many risks and side effects that you need to understand before starting to treat acne.
4. Remove animal milk preparations. Due to the amount of hormones in animal milk preparations, many studies have established a link between consumption of dairy products and acne. Also from this, a leading dermatologist magazine offers " *animal milk diet* " - a *zero-milk animal* diet for acne sufferers.

See also: 16 great benefits from lemon you may not know yet

Having fun!

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