



Have you tried many things to cure your severe acne ? Actually you can use medicine from a doctor, but it has the risk that the skin becomes sensitive, or the acne bacteria is increasingly immune. You can try to get rid of your severe acne quickly with natural ingredients. It cannot be denied, that [natural ingredients](#) are the best for medicine because they do not have many bad side effects for the body. not the same as drugs from doctors or pharmacies that are made using synthetic chemicals.

Then what ingredients can be used and how do you use them ...?

Cure Severe Acne With Yogurt And Honey

Do not underestimate the two foods above, it turns out natural ingredients such as honey and yogurt can be used to treat and cure acne. yogurt has good bacteria, alpha hydroxy acid is also lactic acid ... this content can clean dead skin cells and also clog the pores that cause acne. Honey functions as a moisturizer and to tighten the skin, the antioxidant content in honey can counteract free radicals that are good for skin health. How to make it is: Prepare 2 tablespoons of honey and 2 tablespoons of yogurt, then mix until it becomes like pasta, apply evenly on your face and make sure you have cleaned your face beforehand.

Let stand for 10 to 15 minutes, after that you can wash it using warm water. massage gently so that the blood circulation in the face can run smoothly.

Cure Severe Acne with Lemon Juice

As long as you know, acne is a condition where the pores are clogged and experience inflammation caused by bacteria or dirt. Lemon is one of the fruits that has natural L-ascorbic acid content, this substance is very useful for dealing with inflammation in acne. How to use it, prepare 1 lemon, cut it in half and squeeze it out to remove enough lemon water, after that apply evenly to your face, it may be slightly sore at first especially if your acne is open. But it doesn't matter, after 5 to 10 minutes you can rinse you using warm water. Cure Severe Acne Using Banana and Turmeric Masks.

Bananas and turmeric are natural ingredients that are suitable for treating inflammation in zits, bananas are rich in vitamin E, potassium, antioxidants, and lectins that can fight and kill acne

bacteria. Whereas in turmeric, there is a content of curcuminoid which is used to treat inflammation in severe acne . How to make it: prepare 1 banana and 1 teaspoon of turmeric powder, add one teaspoon of baking soda. Stir all three ingredients evenly into pasta. Apply to face, wait for 10 minutes then rinse using warm water.

The use of warm water can open the closed pores of the face, so that oil and dirt can come out more easily. after washing with warm water you can wash it with cold water, cold water serves to close the pores that have been opened because of warm water.

Cure Severe Acne Using Garlic

Garlic has antioxidant, antiviral, antiseptic and anti-inflammatory properties. very complete to deal with inflammation in your zits. Antiseptics in garlic can kill stubborn bacteria that cause acne. How to make it: prepare 1 clove of garlic, mash finely and apply on the face. then rinse using warm water.

Conclusion

Actually severe acne can be treated with natural ingredients, but if it doesn't heal you can visit the closest dermatologist in your home to check the cause of your acne, because it could be a hormone abnormality and not because of inflammation due to bacteria or dirt. That's how to cure severe acne using natural ingredients, hopefully it is useful. read more to [maspedia](https://maspedia.com)