

Acne Scar Treatment and Removal

Beautiful skin, without acne scars, is every woman's dream (and some men's too). But it seems only a small fortunate group with good genes ever attain it. But always remember that skin is a reflection of one's health and is the largest organ in the body.

Hence, it makes sense to cleanse and nourish from both the INSIDE and OUT. Your face and body do not need more clogging, synthetic oils and lotions. They need real nutrition that can make a difference when applied topically as well as nutrition internally to enhance detoxification and a healthy blood supply to the vessels beneath the skin's surface.

Natural Acne Scar Treatment Starts with Healthy Blood

That sounds odd I'm sure, but what determines the appearance of our skin, among other things? The existence of poisons (or the lack thereof) and nutrients within the bloodstream feeding the skin cells.

Healthy skin will never exist in the presence of health-depriving toxins from pesticides, PCBs, dioxins, etc. How do we get rid of these guys? Well, any good herbalist would recommend good diets including lots of raw fruits and veggies along with whole grains, seeds and nuts.

Of course, adding plenty of purified water is also vital. Perhaps a quality mineral and vitamin formula, too. But aside from the basics, what else can be done? A program of detoxification.

Detoxification for Healthy Skin

To get healthier, which includes acquiring healthy skin, most herbalists recommend colon cleansing. Then, urinary tract cleansing. Then comes liver, lymph, lung and blood support.

If one can eliminate most refined sugars from the diet, that would be a plus, but that's difficult for most people. Try cutting down, at least.

But the most crucial form of detoxification may be sauna therapy. And not just any sauna will do. Several research papers have shown the efficiency of far infrared (or radiant) heat therapy.

Far Infrared Sauna Therapy

Whole-body hyperthermia treatment causes the excretion of sweat from the sebaceous glands of the body, where these harmful materials are stored. Sweat is not excreted from the sebaceous glands using a normal sauna.

Carbon heaters emit far infrared rays which match the body's own wavelength, which is essential to improving blood circulation and the health of internal organs in the body. In the lying position, the hyperthermic chamber treatment does not lower oxygen levels in the blood or increase lactic acid.

Sweating therapy with carbon heat allows your body to produce a great deal more perspiration through your pores. Why is that good? Because sweating therapy is excellent for overall purification and balancing and can effectively be combined with other cleansing therapies.

About one liter of sweat should be excreted from the user during a 30 minute treatment. This volume of sweat cannot be matched by a normal sauna.

The skin is the largest eliminative organ in the body and the elimination through sweating is more passive and requires less expenditure of energy than elimination via the kidneys and bowels. And with the hyperthermic chamber above, one has a tool for heating the body core temperature - vital for destruction of viruses and bacteria.

Well, that's the cleansing and nourishing side of skin care, what about topical help for fading or reducing acne scars?

Nutritious Skin Care for Acne Scar Fading and Removal

Detergent soaps do nothing for your skin except change its pH to alkaline and cause more damage than good. Use, instead, a high quality vegetable soap which works to protect and nourish your skin. Now "natural" means something different depending on whom you ask, but we think natural means to avoid using artificial dyes and to use only 100% vegetable bases.

Then, to remove dead skin cells from the surface of our skin, French Green Clay and Fuller's Earth Clay work wonders. This combo always promises us a smile with its remarkable results. The minerals and sun-dried features of these clays (and perhaps some Neem bark powder added to the mix) help dull, lifeless complexions revitalize through oxidation and circulation. This way, the skin's ability to use and retain vital oxygen is increased.

Why is that important to you? Because this creates a healthy, clean environment for the skin, and acts as a catalyst for transporting the micronutrients found not only in these clays but in the fabulous Neem bark powder, into the deeper layers of the skin. You are left with a more youthful, clearer, and vibrant appearance.

These clays and neem bark powders have enormous drawing capabilities and even a lightening effect on the outer epidermal skin layer. That's why people of all skin types can benefit from their dramatic effect on even the most severe acne conditions, as well as remineralizing, hydrating and exfoliating normal to dry skin types. By removing dead skin cells and reoxygenating the skin, your complexion can be detoxified and removed of bacteria, while healing is promoted.

And to top it all off, your last crucial step for acne scar treatment must be organic rosehip seed oil.

Rosehip Seed Oil For Beautiful Skin

Ask any dermatologist what therapies work best to renew skin, and his/her solutions would include Vitamins C and A in a topical application. However, it's very difficult to find a stable form of Vitamin C that could reach deep enough into your skin to do any good at all. And laboratory synthesized trans-retinoic acids (Vitamin A derivatives) have harsh side effects.

It's no accident that organically grown and tested essential oils and organic rosehip seed oil contains essential fatty acids, a high concentration of bio-available Vitamin C and natural tretinoin, a derivative of vitamin A.

In this natural state as part of a complex system of unsaturated essential fatty acids, these nutrients' actions are controlled and slowly released by nature, eliminating risk of overdoses or harsh side effects thus helping to boost collagen and elastin levels for smoother, firmer skin.

Rosehip oil has been tested on old scars and improvement was noted in all cases. These old and new

scars were caused by acne and otherwise. Time will fail us if we were to relate all the good experiences we've heard about scar removal using these luscious oils, but suffice it to say you can be the next living testimonial about healthy beautiful skin with faded acne scars (and in many cases, elimination of scars altogether).

Apply morning and evening and several times throughout the day if you are targeting both new and old scars or keloids.

In just weeks your skin will look smoother, healthier and more vibrant.

So that's our story and experience in creating beautiful skin and we think with the above program, you can't but improve your skin from lifeless and dull to vibrantly alive and acne scar free.