

Pimple care

Pimples are one of the most common conditions that can be seen in many people. It is the inflammation of the skin caused by the attack of bacte-

Turmeric has antiseptic properties that fight the bacteria that causes pimple and reduces their spread on the skin. Take a tablespoon of turmeric powder and mix it with a few drops of water to make into a thick paste. Apply it on the affected area of your face and neck and leave it on for a few minutes. Rinse it with cold water, and repeat this process and soon you will feel the difference.

Fresh mint juices are also very effective. Mint leaves have cooling and antiseptic properties which can work wonders on pimples. Take a bunch of fresh mint leaves and grind it to a rough paste form. Squeeze the mint juice out of the paste. Apply the juice all over the face and neck and leave it overnight. Rinse it off the next day with water and mild soap. Repeat the process for four to five days.

Toothpaste can even do wonders. Toothpaste is found to be very effective on pimples. Apply white toothpaste on the affected areas and leave it overnight. Wash your face with water and see if there is some reduction in the size of the pimples. This can be done during the day as well but make sure it's there only for one and a half hours to see visible results.

One of the quickest ways to treat pimples is the use of lemon. It is rich in vitamin C. Extract two tablespoons of lemon juice from two medium sized fresh lemons. Dab a cotton ball in the lemon juice and apply it on the pimples on your face and neck. Leave it on for 20 minutes and wash off. Repeat two to three times a day.

Ice pack is also a very effective home remedy for pimples. It removes dirt and oil from the skin and also improves blood circulation. Wrap ice cubes or crushed ice in a piece of clean cotton cloth and hold it on the pimples on your face and neck for a few minutes. Wait for a few minutes and repeat the process three to four times a week. Do this twice a day to see results.

Another method is to apply apple cider vinegar. Dab a cotton ball in the vinegar and apply it slightly on the affected areas on the skin. Apply limited amount and keep on. Repeat this twice daily.

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স্কারের কাছে হারের দিন শেষ

দাগ নিয়ে মুখ লুকানোর দিন শেষ। ব্রণজনিত কালো দাগ কার্যকরভাবে দূর করে একনেস স্কার কেয়ার জেল। এর এক্সক্লুসিভ এসিড ২-গ্লুকোসাইড তুকে মেলানিন এর পরিমাণ নিয়ন্ত্রণ করে। একনেস স্কার কেয়ার জেল-এর এ্যান্টি অক্সিজেন্ট এলানটোয়েন তুকের কোষ পুনর্গঠন করে তুকে করে দাগমুক্ত ও মসৃণ।



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