

The 4 Best Natural Remedies For Healing Acne Scars



The anguish of a breakout is bad enough, never mind the red marks and scars blemishes leave behind.

While acne scars can certainly affect the physical appearance of your skin, they can also lower your confidence and take an emotional toll. But don't give up hope on your skin just yet: there are several natural remedies for repairing and regenerating skin cells, which can help fade acne scars fast.

Natural remedies for acne scars are most effective when used in the early stage of a breakout, or on fresh scars. However, the nutrients these remedies contain support skin health in general and can be used at any time to maintain and promote a brighter looking appearance.

Chlorella For Acne

Chlorella is a single-celled green algae that often gets confused with its "cousin", spirulina. When it comes to healing acne scars, chlorella is one of the

most powerful superfoods you can use to support your skin from the inside out. The health benefits of chlorella come from its nucleic acids, RNA and DNA, which are needed for cellular repair and regeneration.

Our bodies naturally produce nucleic acids, but as we get older, we begin to produce less. This is when signs of aging begin to appear on our skin, and wounds, cuts, and scrapes may not heal as fast as they did before. This is when it can help to use natural remedies on your skin that contain nucleic acids, which will help speed up your skin's healing process.

*It's important to choose chlorella over spirulina when it comes to skin health because spirulina has a different cellular structure which makes it far lower in nucleic acids.

How to Use Chlorella for Acne

You can apply chlorella to your skin by making a chlorella face mask, using 1-2 tsp of pure chlorella powder and mixing it with 2 tablespoons of water until a thick paste starts to form.

Let's not forget that chlorella is a food, so adding it to your diet can also promote skin healing from within.

Rosehip Seed Oil For Acne

Contrary to popular belief, oily, acne-prone skin needs oil too. Applying a non-comedogenic oil to your skin (which means it doesn't clog pores) helps balance sebum production because it signals to your skin that oil is already present on the surface. Since excess oil is a cause of clogged pores and leads to breakouts in the first place, a moisturizing, non-clogging oil is a must-have for any anti-acne regime.

Rosehip seed oil takes it one step further and also helps fade acne scars. The benefits of rosehip oil stem from its vitamin C and essential fatty acid content, two nutrients needed for collagen production and healthy skin cells. It also contains retinoic acid, which is an antioxidant form of vitamin A that's been studied for its ability to fade dark spots and improve UV damage.

As a noncomedogenic oil, rosehip seed oil won't trigger new breakouts and is safe to use on acne-prone skin.

Rosehip Seed Oil Uses for Acne

Apply 1-3 drops of rosehip seed oil on a clean, exfoliated face before bed.

Beware: some varieties of rosehip seed oil have a deep yellow color, which can stain pillowcases — so you may want to cover your pillow with a dark towel to prevent this from happening.

Neem Oil For Acne

Neem, a tropical Asian tree, is a natural remedy in alternative medicine for reducing redness and inflammation of the skin. It has antibacterial properties, which help fight acne-causing bacteria on the skin. When it comes to fading acne scars, neem oil contains oleic acid, a fatty acid which helps build healthy skin cells and improve the skin's appearance.

Neem oil has a potent smell, but don't let that scare you off: it's a noncomedogenic oil that offers proper nutrition for your skin.

Neem Oil Uses for Acne

Create a skin moisturizer by mixing around six drops of neem oil with a teaspoon of pure aloe vera gel. Adjust these amounts as needed for more or less moisturizing.

Oatmeal For Acne

Acne and acne scars are the result of pores becoming clogged with dead skin cells and oil. Therefore, gently exfoliating your skin 2-3 times per week with a gentle, natural exfoliant, such as oatmeal, can help prevent and reduce breakouts — and fade dark marks by removing damaged skin cells so the healthier cells can come through.

Oatmeal Uses for Acne

You can make a homemade face scrub with oatmeal. Place ½ cup of oats in your blender, and blend until finely ground. Mix with 1-2 tsp of plain organic yogurt and apply to your face, exfoliating in a circular motion. Allow it to sit for 10-15 minutes while you relax, then rinse and follow with your favorite skin cleanser and toner.

How Much Does Diet Affect Acne?

As you can see, speeding up your skin's healing process depends on specific nutrients. While topical skin treatments can prevent breakouts and remove damaged skin cells, healthy, glowing skin ultimately comes from within.

Therefore, it's also important to increase the nutrients for skin health in your diets, such as healthy fats and antioxidant vitamins. These nutrients are found abundantly in leafy greens, avocados, wild salmon, nuts, seeds, and fresh fruit and vegetables, which is why they're known as Mother Nature's acne prescription.