

Treating acne with aloe vera

Tuesday, 15 August 2006

Last Updated Sunday, 17 September 2006

Aloe vera has certain important medicinal qualities that are very effective in the cure of acne. Aloe vera has been exercised in a wide variety of medicinal ways both historically and in recent time. It is used to treat burns, wounds and infections to regenerate skin and provide the building blocks needed to rebuild scarred or injured skin areas. In addition it aids in treating acne by acting as an anti-inflammatory device and an immune booster.

Aloe vera solutions Acne can be treated by either soaps containing aloe vera or aloe vera colloidal gel. Soaps should be utilized at least twice a day and the skin should be patted dry after the wash. A topical gel or cream application of aloe vera can then be applied to the inflamed or infested areas. Acne is not cured by aloe vera but the symptoms of redness, flaky skin, and swelling will be quickly decreased with consistent use. Aloe vera, in fluid form, can be applied to the facial area to remove excessive oil. The skin should then be washed with a soap containing aloe vera and then a commercially prepared aloe vera cream should be applied. This regimen uses all the medicinal components of the aloe vera to help keep skin looking soft and breakout free. The mild astringent qualities of the aloe vera will prevent future acne outbreaks and help reduce redness and swelling.

Medical findings As way back as 1750 b.c. clay tablets were scripted addressing the medicinal properties of aloe vera. A Greek doctor wrote in 74 b.c. about using aloe vera to cure infections of the skin, burns and to diminish hair loss. In 1935 the first medical article was published describing the medical use of aloe vera in burn victims. It has since been the topic of many studies addressing the healing properties of aloe vera for several skin conditions, including acne. As with most herbal and medical treatments individual responses will vary with most users indicating a decrease in the redness and flaky skin close to the acne blemishes. Aloe vera also helps in soothing the skin after microdermabrasion. After the microdermabrasion treatment has been applied to the skin, the aloe vera creates a cooling effect. It also helps with the redness should it occur. Another good point on aloe vera is there are no known side effects to using aloe vera on the surface. If any redness occurs simply quit use.