

Oily Skin Care Tips To Get Rid Of Acne

Skin care is one of the very concerned issues, as every skin type has its different acne issues that need to be worked upon to have a clear and vibrant skin. The problem of oily skin is that it is prone to acnes, due to the exfoliating oil from the skin pores. **Derma life** gives the best [acne treatment in Delhi](#) and has the best **Skin Specialists in Delhi**.

Oily skin is usually thick and shiny which usually develops blackheads, pimples and skin irritation. Oily skin needs a lot of attention and care as acne is something that easily develops. The one advantage of oily skin is that it ages much slower than any other type of skin and keeps the ageing signs away for a longer period compared to other textures of skin.

Oily skin enjoys the advantage of youth and younger looking skin, but the sudden appearance of pimples, blackheads, shiny skin which leads to a meltdown of makeup. It may be because of the parental lineage in the family with oily skin, secreting excessive oil. Using too many skin care products can be harmful and another reason for oily skin. Hormonal fluctuation, seasonal changes, pollution, stress and anxiety all of these together can lead to oily skin.

To take care of this kind of skin, use lukewarm water to clean your face as it removes the dirt faster and unclog the pores. Clean your face twice in a day to keep the skin fresh and to remove the collected oil. Avoid using scrubbers too much and apply natural face masks which soak the excessive oil over the skin. Avoid eating oily food, and drink a lot of water each day, about 8-10 glasses.

Some home remedies that can help as natural face masks can be used to lower the level of oil excretion from the pores.

1. **Fuller earth mask (Multani Mitti):-** Make a mixture of fuller earth with some water and apply it all over the face and keep it till it dries. Then remove the mask with a soft cloth soaked in warm water to clean your face. Then wash your face with lukewarm water without applying any soap or face wash.
2. **Yoghurt:-** You can apply yoghurt or you can add honey and oatmeal to the yoghurt paste and apply it for 15 minutes, then wash it off with warm water. Yoghurt is a good absorber of excess oil on the skin.
3. **Tomatoes and Cucumber:-** They both have the property of cooling and soothing the skin and they can be used as a massager on the skin and wash it after 15 minutes.

These remedies are handy and quick, keeping in mind some do's and don'ts one can prevent acne issues. And for further best consultation visit Delhi, with various **acne treatments in Delhi** , including **Dermalife** the [skin specialist in Delhi](#).

Reference By:- <https://dermalifeblog.wordpress.com/2016/03/09/oily-skin-care-tips-to-get-rid-of-acne/>