

Published based on [Acne Scar Remedies: What's the Best Solution?](#)

# **Acne Scar Remedies: What's the Best Solution?**

Don't you just hate that there are so many people out there that get a few small spots, and that's the end of their battle with acne? The thing that makes that so much worse is the fact that millions of people go on to really suffer with acne; it starts to scar them, mentally as well as physically, and they have to try and find effective [acne scar remedies](#); so, what can you do?

To start with, the sort of acne scar remedy that you go for should be something that you feel comfortable with doing.

The reason why that has been mentioned is because some people won't feel comfortable using surgery as an acne scar remedy, and others may find that some of the natural, or herbal treatments that you can buy are a little, well, let's just say that some people think that if they really worked everyone would be growing what they need, and the world would be free of all other acne scar remedies.

If the direct medical route of acne scars remedies sounds appealing, you can try:

## **Laser treatment**

Because this is quite an expensive form of acne scar remedy, as well as being a medical procedure, of sorts, it will pay to make sure that you know as much about the treatment, and the person performing it, as you can.

Make sure they talk you through everything, and that the person talking to you is the person who actually does the laser treatment, not a sales person. There's nothing really wrong with sales people, but you want to talk to someone who can answer all of your questions from the personal knowledge of having performed the procedure.

## **Chemical peel**

As with laser treatment this is one of the more expensive acne scar remedies; so do your homework first.

You could go and have it done professionally, which may give you more peace of mind, but it will cost more than doing it yourself. There are a number of very good products [over the counter chemical peels](#) on the market that let you do your own chemical peel at home.

As good as they may be, however, the chemicals you use won't be as strong as those used by the professionals, so way up the pros and cons of having it done professionally, or in the comfort of your own home.

There are a number of other medical ways that you can rid yourself of acne scars; such as microdermabrasion, which uses the chemical peel idea, but does it in a far more subtle way; there's dermal filling, which uses a substance to fill the scars, and make the skin look smoother; and there are punch excision and punch grafting, in both instances the scars are removed, but, grafting uses a piece of your own skin to cover the area, and in excision they just sew the skin together.

## **Natural acne scar remedies**

If you're a bit squeamish about that, then the natural acne scars remedies may be a better option for you.

The natural acne scar remedies include applying aloe vera or lavender essential oil to the scars. Both of these natural remedies are said to have a healing affect on the scars, and either clear them completely, or reduce them dramatically.

Lemon or lime juice, when applied directly, are also said to work well as acne scar remedies, however, anyone who has had either get into a paper cut may be a little hesitant to try putting it on acne.

Using rosewater and sandalwood paste and leaving it on the scars overnight is also an acne scar remedy recommended by many.

If you don't want to try a direct surgical remedy, and you're still unsure about covering yourself in lemon juice, then there is, of course, the big brand, over the pharmacy counter creams that you'll have seen advertised on the TV.

As a suggestion, that may save you some money; start by trying the natural remedies, if they don't work, gradually work your way through the other [acne scar remedies](#) until you get to the more expensive options; with any luck you may just have cured the problem before you have to pay the big bucks to get a long lasting acne scar remedy.

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