

# How To Get Rid Of Blackheads Fast: 15 Home Remedies

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Before we get on to how to remove blackheads without inflammation, redness and scarring etc, it's important to find out exactly what blackheads are and why they occur...

## What are blackheads and why do they occur?

Unfortunately, blackheads are incredibly common and also extremely annoying when they strike! Just like whiteheads, they are comedones, meaning that they are caused by a build up of sebum and skin cells gathered in your pores and hair follicles.

Each hair follicle contains a hair and a sebaceous gland, which produces an oil called sebum (which is really useful for keeping your skin nice and soft!). When dead skin cells and oils build up in the opening of the follicle, they produce a bump called a comedone.

The difference between whiteheads and blackheads is that in blackheads, the pore or hair follicle is open, meaning that the oils are oxidized by the air and turn a dark brown. In a whitehead, the skin over the bump stays closed, meaning that oxidization can't take place.

Blackheads can occur anywhere there is a hair follicle. So, whilst they are most common on your face, nose, and forehead, they can also appear on the shoulders, back, neck, and chest.

It's a common misconception that blackheads are caused by dirt, but this simply isn't the case. Pores naturally become clogged with dead skin and sebum, no matter how clean you are. And the larger your pores, the more of a problem this will be.

The good news is that there are ways you can get rid of blackheads and prevent them from occurring in the first place.



## **How to get rid of blackheads**

However tempting it may seem, squeezing your blackheads is not the best way to get rid of them as it can lead to infection, inflammation, and scarring.

There are a whole host of home remedies that you can try to get rid of your blackheads and clogged pores, here are our top 15 home remedies for blackheads...

## 1 - Baking Soda

Baking soda is a great way to tackle your blackheads and you'll almost certainly have some tucked away in your store cupboard.

The fine granules that make up the baking soda act as a natural exfoliant, clearing out anything that is clogging up your pores and causing blackheads.

### Directions

- First, mix a tablespoon of baking soda with a few drops of water so that it forms a thick, spreadable paste.
- Then, apply to the problem areas, gently massaging it into your skin using a circular motion.
- Rinse with lukewarm water and pat your face dry with a towel.
- Moisturize to keep your skin nice and soft.

Remember that baking soda can be quite drying on the skin due to its saltiness, so make sure you only use it one to two times per week.

## 2 - Tomatoes

Thanks to their antiseptic properties, tomatoes can be really effective when it comes to blackhead removal.

### Directions

- Take a medium to large sized tomato and mash it up using a fork or spoon.
- Next apply the juice and peel to your face, concentrating on the problem areas.
- Leave the tomato treatment on for as long as you can (overnight for optimum results, although it can get messy!)
- Rinse your face with warm water

## 3 - Cinnamon

If you're wondering how to get rid of blackheads, cinnamon can be a good place to start. This anti-bacterial spice is widely available and also smells great!

### Directions

- Mix together one part organic cinnamon with two parts organic honey until it forms a nice thick paste.
- Apply a thin layer to your problem areas (most people tend to get blackheads on their nose or forehead)
- Leave the paste to work its magic for at least 15 minutes (the longer the better!)
- Wash the paste away and finish with a nice dose of moisturizer.

## 4 - Lemon and Sugar

Whether you're suffering from blackheads on your nose or forehead, or anywhere else on your body for that matter, a lemon and sugar scrub can help to unclog your pores. The two ingredients work really well together, with the sugar balancing out the acidic lemon and the lemon softening the rough sugar.

### Directions

- Add a few squeezes of lemon juice to sugar. You can use brown or white sugar, whichever you've got in the house.
- Mix the lemon and sugar together until it forms a thick paste.
- Use the mixture to scrub your problem areas.
- Rinse with warm water and moisturize.

## 5 - Green Tea

Green Tea is not only good for your body, it is also a great home remedy for treating blackheads. The high levels of vitamins and anti-oxidants in the green tea help to break up any excess oil, which can lead to blackheads and other comedones, as well as helping to reduce any inflammation.

### Directions

- Boil 8oz of water and remove from the heat.
- Place two bags of organic green tea in the boiled water and allow to soak for around an hour.
- Once an hour has passed, pour the liquid into a bowl and allow it to cool until lukewarm.
- Using cotton wool, dab the liquid onto the blackheads and other problem areas, and allow to dry (try and leave it on for at least 10 minutes).
- Rinse your face with cool water and pat dry before moisturizing.

As this process is nice and gentle on the skin, you can repeat it daily to keep your skin clear and blackhead free.

## 6 - Fenugreek

You might not have heard of it, but Fenugreek is one of the easiest and most effective home remedies for blackheads.

### Directions

- Mix fresh fenugreek leaves with water until you have a thick paste.
- Apply the mixture to any areas affected by clogged pores.
- Sit back, relax, and allow the paste to dry. This usually takes around 10 – 15 minutes.
- Rinse with warm water and pat dry.

Repeat daily to treat blackheads, other comedones, and blemishes.

## 7 - Apple Cider

Apple cider is another natural home remedy that can be used to get rid of and prevent unsightly blackheads. The natural acids found in the apple cider make it a great accessible and affordable toner.

### Directions

- If your apple cider has a high concentration, mix it with a splash of water to reduce the acidity (you don't want to cause irritation or damage your skin!).
- Apply the cider to cotton wool or a cleansing cloth and gently wipe across the face, focussing on problem areas such as the nose and forehead.

## 8 - Honey

Most of us probably have a jar of honey lurking somewhere in the kitchen. But have you ever thought about using it to treat your skin?

As both an anti-bacterial and an antiseptic, honey is really effective in the treatment of blackheads and other skin complaints. Of course, if you are allergic to honey, this is not an advisable treatment!

### Directions

- Put a teaspoon of pure raw honey into a small jar and place it into a bowl of hot water.
- Leave the jar in the water until it is warm to the touch.
- Dab the warm honey onto the areas affected by blackheads and leave it to soak in for around 10 minutes.

- Using a warm, damp cloth, remove the honey and rinse your face.

For best results, repeat this process daily.

## 9 - Turmeric

Turmeric has amazing anti-inflammatory and antioxidant properties, making it perfect for the treatment of blackheads. Remember though, that the spice that you use for cooking will stain your skin (and that's not going to be a good look for anyone!). So make sure that you use Kasturi turmeric rather than the edible kind, you can usually find this in any Indian markets or stores.

### Directions

- Mix a small amount of turmeric (remember to use the Kasturi kind!) with water or coconut oil.
- Mix the ingredients together until they form a thick paste.
- Dab the paste onto any blackheads, other comedones, or blemishes and allow it to soak for around 10 – 15 minutes.
- Rinse your face with warm water and pat dry
- Repeat daily for optimum results.

## 10 - Epsom Salts

Epsom salts are not just great for muscles, they also offer an effective solution to the problem of how to get rid of blackheads, helping to unclog each pore and wash the contents away.

### Directions

- Mix one teaspoon of Epsom Salts in hot water, stirring until the salts have dissolved completely, and add a couple of drops of iodine to the mixture.
- Allow it to cool until it reaches room temperature.
- Using cotton wool, apply the mixture to the forehead, nose, and any other problem areas, and leave to dry.
- Gently wash the face clean using a clean cloth, and pat dry.

## 11 - Lemon Juice

With its high alpha-hydroxy acid (AHA) citric acid content, lemon juice naturally removes dead skin and is perfect for blackhead removal. The vitamin C found in lemon juice is also an anti-oxidant and stimulates collagen production, helping to improve the overall health of the skin and reducing scarring.

### **Directions**

- Firstly, wash your face with a gentle, natural cleanser.
- Squeeze a teaspoon of juice from an organic lemon into a bowl.
- Using a small cotton ball, dab the lemon juice onto your blackheads and clogged pores.
- Allow the juice to dry, this usually takes around 10 – 15 minutes, and then rinse with clean, cold water.
- You can use this gentle treatment once every day to keep your skin clear and free from blackheads and blemishes.

## **12 - Egg and Honey**

Mixing natural honey with raw egg whites will create an effective paste that will not only remove your blackheads, it will also leave your skin with a beautiful, natural glow.

### **Directions**

- Crack a raw, free-range egg and extract the yolk.
- Dispose of the yolk and place the egg white in a bowl.
- Add natural honey and mix well until a paste forms.
- Apply the paste all over your face, concentrating on problem areas such as the nose and forehead.
- Leave the paste to dry for around thirty minutes, before rinsing with warm water and patting the face dry with a clean cloth or towel.

## **13 - Oatmeal**

When you're considering how to get rid of blackheads, oatmeal might not be the first thing that springs to mind! But with its ability to soothe irritation, remove dead skin cells, and soak up excess oil, it should definitely be on your list.

### **Directions**

- Cook enough oatmeal to cover your blackheads.
- Allow the oats to cool to room temperature and apply to the problem areas.
- Leave the mask to dry for 10 to 20 minutes and rinse with warm water.

Alternatively, you can try this yogurt and oatmeal mask...

- Mix together three teaspoons of yogurt with two teaspoons of oatmeal and a few drops of olive oil and lemon juice.
- Apply the paste to your face, as you would a facemask.

- Allow to soak in for around 10 minutes before rinsing with warm water.

## **14 - H2O**

In addition to all of these treatments and remedies, washing your face with water once or twice each and everyday is vital. This helps to prevent blackheads by washing away excess sebum and dead skin, keeping the pores clear and smaller in appearance.

### **Directions**

- Twice each day, splash your face with fresh, clean water. The optimum times to do this are morning and evening, or afternoon and evening.
- Gently pat your face dry with a soft towel.
- Apply your moisturizer to prevent your skin from drying out, if this happens, it will produce excess sebum to accommodate for the dryness and you'll be back to square one!

## **15 - Toothbrush and toothpaste**

If you can't get your hands on any of the other home remedies listed above, you can always try a toothbrush and toothpaste – although we'd recommend investing in a new toothbrush, rather than the one you use to brush your teeth!

### **Directions**

- Put a small amount of toothpaste on the toothbrush and wet both the toothbrush and the problem area on your face or body.
- Very gently, scrub the affected area with the toothbrush, taking care not to brush too hard and damage the skin.
- Make sure you avoid the eye area as the toothpaste can cause stinging and irritation.
- Repeat this process each day until your blackheads clear up, but make sure that you soak the toothbrush after each scrub with boiling hot water.