

Baking Soda for Facial Care and Acne Treatment

Facial cleansing is one of the **most important daily skin care rituals**. Instead of spending money on expensive facial cleansers, try simply using the two ingredients that you already have at home - baking soda and coconut oil!

Not only are these two widely available nowadays, but they are also very effective in treating **problematic skin**. Unlike today's facial care products, these two edibles do not contain various toxins and chemicals and are quite safe for use.

Baking soda and coconut oil work together very well in the **treatment of acne**, taking care of **redness and scars**, and **exfoliating the surface layer of the skin**. By mixing these two you can get really amazing results.

Baking soda is most **commonly used in cooking, cleaning, pest control** or as a **mild disinfectant**, but it can be **very effective in treating acne** as well.

The amphoteric sodium compound is very useful for a proper pH balance, which can help treat acne, while **coconut oil** has **antibacterial effect**, in addition to healing and hydrating the skin. It also **reduces redness**.

Since coconut oil is way milder than baking soda, by mixing the two you will get a very safe and effective facial cleanser.

How to Use Baking Soda and Coconut Oil?



You only need two ingredients - baking soda and coconut oil.

It is necessary to **determine the ratio** of soda and coconut oil **according to your skin type**. For **sensitive skin**, make a ratio of **2 to 1 in favor of coconut oil**. If you need more scrubs a day, the ratio should be 1 to 1.

Simply mix the ingredients and apply the mixture to **dry or wet skin** and **gently massage using circular movements**. You can leave the mixture on your face for a few minutes if you want a face mask or **you can wash it off** immediately.

If you desire, you can play with the ingredients and add some of your favorite foods and see how effective they are for you. Your home-made skin care mixture can be just as effective as store-bought products, but it is certainly healthier and cheaper.