

## Ways To Manage Teen Acne At Home

Use an oil-free face wash to clean the face

Have a vitamin-rich diet by incorporating more fruits and vegetables

> Put on a honey and cinnamon face mask once or twice a week

Apply green tea to the affected area with a cotton ball



Have a low-glycemic diet as it may reduce the acne breakouts

Avoid stress by indulging in your favorite activities and exercising





Source: <a href="https://www.momjunction.com/articles/easy-steps-to-treat-teen-acne-at-home\_0082315/">https://www.momjunction.com/articles/easy-steps-to-treat-teen-acne-at-home\_0082315/</a>