

# Turmeric: Skin Healing Superstar

Turmeric benefits the skin, as the outermost layer of the body and it works inside and out. Skin is easily inflamed and damaged by environmental factors as well as stress and poor eating habits. Turmeric can help with [healing skin](#), in addition to all the wonderful health benefits. Studies show it is a powerful antibacterial that repairs inside the body also. With different internal and external stressors, introducing Turmeric into your skin care regimen can keep your skin hydrated and healthy.



Its antibacterial properties are backed by its anti-inflammatory action which may also improve healing from common skin ailments. You can use Turmeric Curcumin capsules to heal from the inside as well as applying Turmeric topically.

## Acne

The soft, marigold-colored spice has [acne fighting power](#). Its both an [antibacterial](#) and antiseptic, and it helps to control the production of acne causing oil (sebum) by the sebaceous glands. Additionally, when it's applied topically, Turmeric can help fade scars from previous acne flare ups and reduce

inflammation.

## **Get Clear, Bright & Acne Free Skin(DIY Face Mask)**

### **Eczema and Psoriasis**

Another common skin issue that Turmeric helps to treat is eczema and psoriasis. Because of its anti-inflammatory properties, Turmeric may help to reduce the itching, dryness and redness caused by the inflammation in eczema and psoriasis. With severe cases, those skin conditions can cause the skin to crack and bleed, providing a perfect environment for bacteria to enter the skin and cause infections. A paste of Turmeric and water placed over the wound can help fight the infection and improve the speed of healing. In India, Johnson and Johnson BandAid brand bandages are infused with Turmeric because it has such powerful antibacterial and skin healing properties.

### **Boils**

Sometimes, boils can develop on the skin, usually on the face, neck, back, shoulders and armpit. These painful sores are caused by a type of staphylococcal bacteria that can enter the skin through tiny cuts or scrapes and travel down into a hair follicle, causing an infection. Boils are larger and more painful than a typical acne blemish. Taking Turmeric internally, either via a supplement or in food can help to strengthen the body's resistance to bacteria that cause boils. If you develop a boil, applying a paste of turmeric and water or milk and covering it with a bandage can help to heal the boil and reduce its pain and inflammation.

# Burns

Occasionally, we all may experience a cut or a burn to our skin. Turmeric's antibacterial properties can be used to disinfect wounds and [burns](#). A combination of Aloe Vera gel and Turmeric powder applied to a burn or cut can give quick relief and speed up the healing process. Burns are particularly prone to infection. As with other instances where the skin is raw and bacteria could infect it, Turmeric's antibacterial agents can assist in warding off infection.

Turmeric has been utilized in many beauty products over the centuries. Its antibacterial and anti-inflammatory powers are used to heal the skin, reduce the signs of aging, and exfoliate dead skin. Turmeric has seemingly countless benefits for our health and wellness, inside and out, and can help keep our skin looking great!

Get yours today...

