

## 14 Useful Home Remedies to Remove Whiteheads from Face and Nose

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Whiteheads or comedones are a type of acne that form when oil, sebum, dead skin cells, dirt, and bacteria get trapped within the skin pores. Whiteheads may appear anywhere in the body, but they are more commonly seen on the face, chin and nose. Whiteheads appear as small white bumps on the skin surface, mainly on the oily parts of the face and skin. Whiteheads can appear at any age but are most often accompanied by hormonal changes that take place during puberty. Both whiteheads and [blackheads around nose](#) and other parts of the face can be treated and cured with the help of over-the-counter ointments as well as home remedies using all-natural ingredients.



### Causes of Whiteheads

Before getting on with the home remedies and natural cures for whiteheads, let us know exactly what causes whiteheads. Well, we all know the whiteheads are formed when sebum gets trapped inside the follicles. But why does the skin pores get clogged? Here are a few common reasons and explanations.

- **Hormonal Changes** – Hormonal changes during puberty, menstruation, pregnancy and menopause can lead to the formation of whiteheads. During the periods of hormonal changes the amount of sebum secretion increases which block the pores and cause whiteheads. That's why women are more prone to whiteheads compared to men.
- **Certain Medicines** – Certain medicines such as birth control pills that affect hormone levels can trigger whiteheads and acne.



- **Rise in Level of Androgens** – Androgens are male sex hormones that are present in different degrees in both men and women. Increase in androgen hormone in women due to hormone replacement therapy or menopause may lead to whiteheads as well as pimples and acne.
- **Heredity** – It has been noticed that sebum production is controlled by heredity and genes. Genes can make the skin more sensitive to hormones. People with acne-prone skin are more susceptible to get whiteheads.
- **Makeup and Cosmetics Use** – Excessive use of cosmetics and make up can lead to whiteheads and acne because even when make-up is removed; it leaves behind traces that clog the pores.
- **Poor Skin Hygiene** – Improper skin care, not cleaning the face regularly and not removing dead skin cells through exfoliation leads to blockage of pores which invites bacterial infection and whiteheads.

## 14 Potent Home Remedies for Whiteheads Removal Using Natural Ingredients

Whiteheads are very much treatable using these effective home remedies, which must be combined with healthy lifestyle changes in order to get faster results.

### Sandalwood Paste

There are numerous skin [uses for sandalwood oil](#) and sandalwood paste. Sandalwood paste has been used for centuries as a beauty treatment by women for achieving bright and beautiful skin and it has become a popular ingredient in skin care products. The fragrant and cool nature of sandalwood works as a soothing toner and astringent that soaks excess oil and grime from the skin pores which not only helps to get rid of the existing whiteheads but also prevents its recurrence in future.



You can make a sandalwood paste by mixing 2 teaspoons of rose water to 1 tablespoon of sandalwood powder and apply it evenly on your face, let it dry completely and wash off with water. Repeat it 2 to 3 times a week to get desired results.

## Tea Tree Oil

This is one of the most functional essential oil that is widely used to treat various types of skin diseases and issues. It is one of the most effective natural ingredients that is used to [treat ringworm in humans](#) and is also beneficial for whiteheads treatment. The essential oils in tea tree oil clears whiteheads in the nose, cheeks and chin in no time and it works as effectively as medicines like benzoyl peroxide. The antibacterial and antifungal properties of tea tree oil kill the white heads causing bacteria present on the skin and prevent further development of whiteheads. But tea tree oil is extremely strong and therefore, it should not be applied directly to the skin.



It is best to apply tea trees oil after diluting it with water in the ratio 1:9. Cleanse your face and dab the mixture on your face using a cotton ball, leave it to dry, don't rinse your face.

## Lemon Juice

What better way to cure whiteheads from the roots than with a splash of fresh lemon juice? Fresh lemon juice is a popular beauty ingredient that is extensively used to treat skin problems, [lighten skin tan](#) and fight dandruff, but how do you remove whiteheads from face using lemon juice? Well, the citric acid present in lemon juice works as a potent astringent that removes whiteheads from the roots by dilating the skin pores and drying out excess oil.



Cut a lemon into half and extract the juice by squeezing it, add the equal amount of water to the juice, immerse a cotton ball into the mixture and dab the lemon juice solution to the affected areas. Applying it once a day is enough because too much lemon juice on the skin causes skin irritation and dries it out.

## Rice Scrub

Scrubbing is the ultimate solution to the question of [how to get rid of dead skin cells](#), and it is also one of the most effective home remedies for whiteheads on face. Exfoliating the skin in a gentle manner opens up the clogged skin pores; removes white heads, dead cells, dirt, and impurities from the skin. The fine grains of rice flour works as an excellent face exfoliant and has the capacity to treat whiteheads on face, nose and chin and prevent them from reappearing in the future.



Add 1 teaspoon of honey to 1 teaspoon of rice flour and mix them to form a sticky paste, smear it on the face and nose, wait for 20 minutes and remove it by gently massaging the face with water. This procedure can be tired 3 timed every week.

## Apple Cider Vinegar

Apple cider vinegar is a multipurpose product that is readily available in the pantry and is widely used for addressing common skin and hair issues. It is frequently used as an ingredient in [DIY natural hair conditioner](#) for soft, smooth and silky hair. It is also one of the potent home remedies for whiteheads removal as well. Apple cider vinegar works as a natural astringent and toner that soaks excess oil and sebum from the skin surface. In addition, the antiseptic and antibacterial properties of apple cider vinegar prevent further growth of whiteheads, acne, and pimples.



Dip a cotton ball in organic apple cider vinegar and apply it directly to the problem areas and let it get soaked into the skin. Apple cider vinegar is acidic and might cause a burning sensation and irritation.

### Sugar and Olive oil Scrub

Scrubbing is the best way to get rid of annoying whiteheads, blackheads, and dead skin cells, but it doesn't always have to be an expensive salon style scrub. An inexpensive homemade sugar and olive oil scrub are effective enough to unclog the blocked pores and remove whiteheads from the skin pores. In addition, being natural ingredients, it doesn't leave behind a harmful residue on the skin. The benefits of [olive oil for body](#) and skin are well known, and its intense moisturizing property prevents the skin from drying. This scrub is safe for even children and people with sensitive skin.



Add few drops of olive oil to 1 teaspoon of sugar, use a soft toothbrush to apply this exfoliator on the face and rub it. Continue rubbing for 5 to 10 minutes and then wash off with cold water. Apply this scrub once every week to get noticeable results.

## Oatmeal Scrub

The terms [oats and weight loss](#) are closely related, and it is one of the healthiest of complex carbs that is extremely beneficial for healthy weight loss. But most of us are unaware of the beauty benefits of oatmeal. Nourishing oatmeal scrubs not only exfoliate the skin but also supplies essential nutrients to it at the same time. Oatmeal soaks excess oil, dirt and sebum from the skin and removes whiteheads completely.



Mix 4 to 5 tablespoons of powdered oatmeal with 2 tablespoons of yogurt and 1 tablespoon of lemon juice and apply it straight on the face, leave it for 20 minutes and wash off with water while rubbing and massaging the skin in steady circular motion. Reapply this scrub 1 to 2 times every week.

## Gram Flour

Gram flour or besan has been used for ages in India as an essential beauty and skin care product, and it is a time-tested answer to the question of how to remove whiteheads at home naturally. Gram flour is a magnificent ingredient for deep cleansing and exfoliating the face that helps to remove dead cells, clean the clogged pores and absorb excess oil and sebum secreted by the sebaceous glands present in the skin. It is frequently used as a face pack in [homemade facial for oily skin](#). It also an effective remedy to get rid of unwanted facial hair in women.



Mix 2 tablespoons of gram flour with enough yogurt so that it forms a thick paste. Smear this mixture evenly on the face and wait till it dries completely. Now, scrub it off by splashing water on the face and massage with your fingertips. Repeat it 2 to 3 times a week for amazing results.

## Cinnamon and Honey

The mixture of cinnamon and honey is widely used as a potent [natural remedy for weight loss](#). But there are numerous beauty benefits of both honey and cinnamon which makes this combination one of the functional home remedies for whiteheads on nose and face. The antimicrobial properties of cinnamon help to fight acne and pimples and it is an excellent ingredient for improving the overall quality of the skin. When applied to the skin, it helps remove blackheads and whiteheads from the roots and promotes the production of collagen, which is crucial for maintaining the suppleness and youthfulness of skin.



Add 1 teaspoon each of cinnamon powder and honey in a bowl, mix it and spread it evenly on the nose and other affected areas, wait for 15 minutes and rinse off while rubbing and massaging the nose and cheeks with firm circular motion. This cure has to be used 2 to 3 times a week to get satisfactory results.

## Facial Steam

Taking facial steam or compress is one of the best natural home remedies to remove whiteheads that required no ingredients except steaming water and has absolutely no side-effects. Taking steam on face helps to open up the skin pores allowing the bacteria, dirt, dead skin cells, oil and sebum to escape from the skin which are the main causes of whiteheads formation. After opening the pores using steam, wash your face with a facial cleanser and then shrink the open pores again by washing the face with cold water.



Boil some water in a deep bottomed pan, turn off the heat and bring your face close to the pan so that the steam touches your face. Put a towel over your head and the pan so that the steam does not escape from the sides. Soak in the steam for 5 to 8 minutes. Be careful not to bring your face too close to the heated pan or you might burn your chin.

## Baking Soda

Baking soda is not only an essential culinary and baking ingredient but also an extremely popular beauty ingredient that is widely used as a part of home remedies for skin and hair care. Application of baking soda to the scalp is undoubtedly one of the best [at home dandruff remedies](#) that actually works. The astringent properties of baking soda soaks excess oil, sebum, dirt and dead skin cells from the skin and also helps to maintain the pH balance of the skin making it impossible for blackheads and whiteheads to grow and flourish.



Add a little water to 1 teaspoon of baking soda and turn it into a thick paste, smear it evenly on the affected areas, wait for 10 minutes and wash off immediately. Keeping it more than 10 minutes can dry out the skin excessively. Use this cure 2 to 3 times a week until whiteheads are removed completely. Baking soda should not be applied to sensitive skin.

## Green Tea

It is well known that green tea and [green tea mixed drink](#) helps in weight loss but how to remove whiteheads at home using green tea? Well, whiteheads are often caused by the increase of androgen hormone in the body and green tea can the capacity to block the androgen receptors in the skin and reduce the damaging effects of these hormones on the skin one of which is acne and whiteheads. When green tea is applied topically to the skin, it helps get rid of whiteheads.



You can consume 3 to 4 cups of green tea on a daily basis and apply green tea on the face. Steep 1 teaspoon of green it in a cup of warm water for 10 minutes, dip a cotton ball in the tea and wipe your face with it, don't rinse it off.

## Tomato Pulp

This bright red and juicy vegetable is loaded with vitamin C that helps to rejuvenate and brighten dull skin and application of tomato pulp on the face also helps to remove whiteheads and blackheads effectively. The acidic property of the tomato juice balanced the pH of the skin, soaks excess oil, dirt and sebum from the skin pores which helps to get rid of ugly whiteheads and prevent its recurrence in future.



Cut a tomato into 2 halves and simply rub the juicy pulp right on the face, focusing more on the areas with whiteheads. Let the juice soak in for 5 minutes and then rinse off with water. You can reapply this cure as many times as you want.

## Corn starch and White Vinegar Pack

Corn starch is an amazing absorbing agent that has the capacity to soak and remove excess oil and sebum from the skin in order to get rid of whiteheads. The acidic nature of vinegar restores the pH balance of the skin and prevents the appearance of pimples, acne, whiteheads and blackheads.



Mix corn starch and white vinegar in the ratio 3:1 and turn it into a paste. Apply the paste evenly to the affected areas, wait for 15 minutes and then rinse away with lukewarm water.

## Do's and Don'ts to Prevent Whiteheads

Treatment and removal of whiteheads once and for all require some lifestyle changes which include proper diet, sleep, skin care, and hygiene. Here are a few measures that help prevent whiteheads from appearing.

- Keep your face squeaky clean by washing it twice a day with a mild cleanser in order to minimize the chances of oil and dirt building up in the pores.
- Exfoliate your face using a good quality scrub at least once every week to get rid of whiteheads, dead skin cells and impurities that clog the pores.
- Scrubbing can leave your skin dry, so it is essential to hydrate the face with a moisturizer irrespective of your skin type. You can opt for oil-free moisturized if you have oily skin.
- You can apply a clay mask once every week. Clay masks work as effective absorbents that help to soak excess oil and sebum from the skin.



- Remove make up every night before you go to sleep. Makeup can clog the pores and contribute the formation of whiteheads.
- If you want to opt for medicines to remove whiteheads, then choose facial products and cleansers that contain alpha hydroxyl acids, salicylic acid, or benzoyl peroxide.
- Resist the urge to pop the whiteheads with your hands, because it may turn into a painful pimple.
- Avoid excessive exposure to the sun.
- Follow a [fruit and vegetable detox diet plan](#) for 2 to 3 days every month to flush out toxins from the body.
- Avoid spicy and oily foods, carbonated drinks, coffee, chocolates, and alcohol.

Whiteheads that appear on the cheeks, chin, and nose, are unsightly and repulsive, but fortunately, they can be treated effectively with these potent natural remedies. Try some or all of the above-mentioned remedies to find out which one suit you best and don't forget to share your experience and tips with us.

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