HEALTHY TIPS

Put Vicks VapoRub on a Garlic Clove. The Reason? You Will Regret Not Knowing This Earlier!

By bestfolkmedicine · 14/07/2018 · 3 min read





Vicks VapoRub has long been a household favorite for easing coughs and colds. In recent years, people have even started applying it to the feet to help relieve symptoms. But beyond its traditional use, many have discovered unexpected ways to combine it with garlic for purposes that go far beyond cold relief.

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Below are 10 surprising and lesser-known uses of Vicks VapoRub paired with a garlic clove:

1. Helps Ease Sharp Ear Discomfort

To soothe ear pain, gently warm a garlic clove in the microwave for about 10 seconds. Apply a small amount of Vicks to it, then carefully place it at the entrance of the ear. Garlic's natural antiseptic properties may help reduce inflammation, while the warmth and mentholated vapors from Vicks can provide a soothing sensation.

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As an alternative, you can apply Vicks to a cotton ball and place it near the ear opening for a similar calming effect.

2. Supports Relief from Cold and Flu Symptoms

For cough, chest tightness, or sore throat, apply Vicks to the chest and throat before sleep. Its warming action and aromatic ingredients can help open airways and promote more comfortable breathing throughout the night.

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3. Soothes Sinus-Related Headaches

If sinus pressure is causing discomfort, apply a small amount of Vicks just under the nose (avoiding direct contact with nostrils) and inhale slowly. The menthol vapors may create a cooling sensation that helps ease pressure. Applying a small amount to the temples can also provide additional relief.

4. Relieves Muscle Soreness

Vicks can also be used to ease muscle discomfort. Massage a generous amount onto the affected area, then cover it with a warm towel. This combination of massage and warmth may help improve circulation and relax tight muscles.

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5. Eases Elbow Tendon Discomfort

For minor tendon irritation around the elbow, applying a small amount of Vicks may help reduce discomfort. The menthol and camphor create a cooling-warming effect that can temporarily soothe the area.

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6. Reduces the Appearance of Bruises

Mix a small amount of Vicks with a pinch of salt and gently apply it over a bruise. This combination is believed to help the body reabsorb trapped blood under the skin more efficiently, potentially reducing discoloration.

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7. Dries Out Pimples

Dabbing a tiny amount of Vicks directly onto a pimple before bed may help dry it out overnight. Be careful to apply only to the blemish to avoid irritating surrounding skin.

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8. Helps Manage Fungal Skin Issues

Some people use Vicks on areas affected by mild fungal concerns (like toenails or skin folds). Its ingredients may create an environment less favorable for fungal growth.

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9. Repels Insects Naturally

The strong scent of Vicks can act as a deterrent for certain insects. Applying a small amount to exposed skin may help keep bugs away during outdoor activities.

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10. Soothes Minor Skin Irritations

Vicks can also provide temporary relief for minor skin irritations such as itching from insect bites, thanks to its cooling effect.

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Important note: While these uses are widely shared in folk practices, they are not medically proven treatments. Always use caution, especially on sensitive areas, and consult a healthcare professional if symptoms persist.

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