GRANDMA'S REMEDIES

How to Get Rid of Double Chin: 5 Amazing Remedies

By bestfolkmedicine · 18/12/2018 · 3 min read



Chubby cheeks may be adorable in children; however, in adults, the situation is quite the contrary. Having excessive chubbiness, particularly in the jaw area, is a sign of fat deposition, which we commonly refer to as double chin. Even though it is not a medical issue, a lot of people who have it feel low self-confidence because of it as well as embarrassment.

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So, a lot of them are constantly in the search of a method that will help them get rid of it. Of course, healthy diet and exercise will significantly contribute to weight management and fat reduction and thus, may minimise the fat in this area too.

However,there are specific DIY remedies and easy exercises that can be of great aid. Continue reading the article to learn more…

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What Is Double Chain & What Causes It?

Double chin is build-up of submental fat divided by a natural skin crease. The result is a layer of fat beneath the chin. Though it is often linked to weight gain, one does not have to be overweight or obese to have double chin, according to Style Craze. Other contributing factors include age, genetics, and aging.

5 Useful DIY Remedies to Treat Double Chin

1. **Egg white**

You will need:

An egg white

A tbsp of milk

A tbsp of honey

A tbsp of lemon juice

Preparation: Separate the egg white from the yolk. Then, whisk the egg white and mix it with the remaining ingredients. Then, apply the paste onto the jaw and the neck area. Leave it on for half an hour and then rinse it off with water.

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Repeat on a daily basis for optimal effect. The egg whites have the power to tighten the skin and lower the pores.

2. Green tea

Needed:

A tsp of green tea

A cup of warm water

Honey

Preparation: Add the green tea to the warm water. Steep for 10 minutes and then strain it. Add the honey and drink while warm.

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Drink it at least three times per day for optimal results.

Green tea is abundant in catechins that are well-known for their antioxidant characteristics and can aid with weight loss and double chin reduction.

3. Melons

Needed:

½ a cup of melon cuts

Cotton pads

Preparation: Blend the water and melon. Then, using the cotton pad, apply it onto the affected area. Leave it on for half an hour and then rinse it off.

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Repeat once per day.

Melons possess antioxidant properties that will maintain the skin healthy, hydrated, and less prone to sagging.

4. Cocoa butter

You will need:

2 tbsp of cocoa butter

Preparation: Heat the cocoa butter a bit and then use it to massage it gently into the upper neck and jar area for several minutes. Do this before bed and go to sleep with it. In the morning, rinse it off. You can also keep it on for an hour and then wash it off.

Repeat once per day.

This butter possesses strong moisturising characteristics thanks to the vitamin E. It will keep your skin hydrated, up the elasticity, and lower double chin.

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5. Chewing gum

Believe it or not, something as simple as a chewing gum can help you reduce double chin. This is because the act of chewing helps burn the surplus facial and chin fat.

Sources:

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