HEALTHY TIPS

10 Surprising Uses for Witch Hazel You never Thought of

By bestfolkmedicine · 24/03/2019 · 3 min read



Witch hazel, the topical astringent made from the bark and leaves of Hamamelis virginiana or the North American witch-hazel shrub, has long been used as a natural remedy. In fact, Native Americans have used the liquid from the boiled plant to alleviate tumors and irritated skin.

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Today, witch hazel remains a well-known herbal cure that people use it for toning and cleansing; however, this astringent has so much more to offer than merely cleaning your skin and reducing pores.

This being said, in today's article, we are going to present 10 surprising uses of witch hazel that will surprise you!

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10 Amazing Uses of Witch Hazel

- **A natural astringent**

The tannins in witch hazel make it a great astringent which can eliminate surplus oil from the skin and reduce the size of pores. This being said, applying it onto the face can help lower bad bacteria in the pores and minimize the risk of blemishes by reducing the amount of oil and sebum in the pores.

- **Helps fade blemishes and bruises**

Drop several drops of witch hazel onto a cotton ball and apply it onto the face to lower the appearance of acne and decrease irritation. You can also apply it onto bruises to fade discolorations and speed up the healing processes of wounds and bruises.

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- **Decrease vein swelling**

Soak a soft cloth in some witch hazel and lay it over the affected area to minimize the pain, discomfort, and swelling.

- **Stops bleeding**

Since witch hazel can naturally tighten the skin and speed up the healing, apply it onto minor wounds, scrapes, and cuts to stop the bleeding and for disinfection prior to bandaging.

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- **Alleviates hemorrhoids**

Witch hazel can lower pain, swelling, itching, and bleeding associated with hemorrhoids. This is why it is often included in over-the-counter hemorrhoid gels and creams. Mix it with some aloe vera gel and apply it onto the affected area for immediate relief.

- **Helps with sore throat**

Since it possesses astringent properties, witch hazel tea can relieve sore throat. Use it to gargle and relieve swelling, remove surplus mucus, and minimize the pain due to sinusitis, tonsillitis, and laryngitis.

- **Relieves sunburns**

If you have sunburn, alleviate the pain and discomfort by applying a mixture of aloe vera gel and witch hazel. Thanks to the anti-inflammatory abilities of witch hazel, your skin will heal faster while the aloe vera will cool down the burning sensation. This treatment will also help avert the peeling of the skin afterwards.

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- **Heals the gums**

Rinsing the mouth with isopropyl alcohol-free witch hazel mouth rinse can help minimize the pain and swelling associated with infected and irritated gums. It may also reduce the bleeding and discomfort in the gums and mouth.

- **Soothes diaper rash**

Witch hazel is a safe and potent natural remedy for diaper rash because it possesses strong anti-inflammatory characteristics. Apply it regularly to heal damaged skin and minimize the discomfort and pain.

- **Decreases black circles under the eyes**

Witch hazel is powerful enough to tighten the skin and lower inflammation. Therefore, it can help decrease the black circles under the eyes and puffiness. When applying it, be extra careful so that it does not get into the eyes-it may cause pain and discomfort.

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