HEALTHY TIPS

Learn How to Remove Keloids & Scars Naturally & Quickly

By bestfolkmedicine · 01/04/2019 · 2 min read



Even though scars and keloids are not life-threatening, they can diminish our self-confidence and make us feel embarrassed, especially if they are in visible parts of the body. This being said, it is good to know that there are natural ways to heal them without additionally poisoning your skin and body with chemicals.

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Of course, there are professional methods to remove these skin problems; however, they are not easily affordable. On the other hand, the natural remedies are affordable and yet effective enough. Plus, there are no side effects when you decide to use natural ingredients. Continue reading our article to find out the best 4 natural remedies for keloids and scars.

4 Easy & Natural Ingredients to Remove Keloids & Scars

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- **Baking soda**

Baking soda is a great way to fight off keloids and scars and to fight off the excessive production of collagen that has caused them in the first place. It encourages the production of new and healthy skin cells by exfoliating the dead ones. To prepare a baking soda solution, combine baking soda and water in 1:3 ratio. Then, apply it onto the affected area by scrubbing gently for a minute or two. Afterwards, rinse it off with warm water. Repeat until the problem is treated.

- **Lemon juice**

Thanks to the vitamin C present in it, lemon juice will help speed up the healing of the skin, but also lighten up scars and decrease their visibility. This remedy is particularly effective with new scars. Just apply a bit of freshly squeezed lemon juice onto the scar using a cotton swab. Leave it to dry off and then wash it off.

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- **Aloe vera**

Aloe vera gel is definitely one of the most amazing remedies for the skin. It will keep it moisturized, fresh, and hydrated, but it will also avert itchiness and infections and lower inflammation. Use fresh aloe vera gel extracted from the plant. Apply it onto the affected area. Leave it for a while before rinsing it off with warm water. Repeat the procedure daily until you notice improvement.

- **Apple cider vinegar**

When you use apple cider vinegar for scars, you will delete them for good, believe us! Moreover, it has the ability to lower their size and reduce the itchiness and discomfort. Soak one cotton ball in quality apple cider vinegar and gently tap it onto the scar. Leave it to dry off and do its magic. Repeat

the procedure several times per day for optimal results.

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Sources:

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