LIFE HACKS

The Best Proven Ways to Heal Scars Naturally

By bestfolkmedicine · 18/10/2022 · 3 min read



For some, scars are marks of pride; however, others dislike them and want them gone.

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Because scars often influence our appearance, they can increase our self-consciousness. So, removing old scars requires understanding what a scar actually is and the type of scar you're trying to remove.

Scars form during the healing process after an injury.

When the second layer of our skin known as the dermis is damaged, the body will produce collagen fibers to fix the damage and this causes a scar.

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The faster the wounds heal, the fewer collagen deposits will there be and the less visible will the scar be. Usually, a scar's severity is based on the injury's severity and damage.

Currently, there's no known way to get rid of scars completely. However, most of them do go lighter with time.

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Some natural remedies and OTCs can also help make scars less visible.

Here are some of the best ones below!

Best Proven Natural Ways to Heal Scars Naturally

- **Coconut oil**

Apply coconut oil to prevent scars on the skin from skin conditions like dermatitis and eczema.

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In one trial, coconut oil application to wounds sped up the healing process.

It also prevented secondary infections.

Moreover, the wounds that were treated with coconut oil had lower peroxide levels. Higher levels of peroxide have been known to impede wound healing.

- **Honey**

Honey works best for the prevention of scars from sunburns or burns. Apply it to the affected area and help the skin heal.

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According to research, burns cause oxidative stress that increases the risk of scars.

By applying honey to burns, you destroy free radicals and lower the chance of superficial scar formations.

- **Vitamin E oil**

This oil is rich in antioxidants and may be used for healing surgery scars and promoting the healthy process of healing.

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In one study, it was found that this oil, applied twice per day on scars, helped the wounds heal with minimal scar formation.

However, other studies' results haven't been very conclusive.

- **Aloe vera**

The aloe vera gel is one of the best natural ways to soothe inflammation and irritation on the skin.

Some evidence also suggests that applying it topically may lower the scar appearance. According to a study published in the *Annals of Plastic Surgery*, the compounds in aloe vera have natural healing characteristics.

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Its application on the scars helped reduce their visibility and lowered the size of the scarred tissue.

- **Rosehip oil**

If you have facial scars, you can apply rosehip oil on a regular basis. You can also use it for scar prevention. Moreover, a study from 2018 found that rosehip oil has healing power and promotes wound healing.

Rosehip oil is rich in vitamin C and other antioxidants known to fight off cellular damage. Rosehip was also found beneficial in healing wounds and improving scar appearance. Place several drops of the oil onto the area and massage it gently into the skin.

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- **Shea butter**

Did you know that shea butter can help you remove stretch marks and other scars? According to research, shea butter was found beneficial for the increase of skin elasticity and reduction of existing scars.

Sources:

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