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Best Home Remedy to Clear Facial Hair by Vidisha Rana

Article published on August 3rd 2012 | Health

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Before you embark on your hair removal regime -

1. Confirm the cause behind your facial hair isn't hormones. If it is, consult a doctor.

2. Many inexpensive solutions like hair removal creams may seem enticing and a quick solution to your woes but results may last only a week or two with risks of rashes.

3. Home remedies results are comparatively slower. You have to be patient and regular to see the difference.

Hair removal procedures that are quite effective on our legs and arms do not guarantee a similar effect on our face. The facial skin is thin, heavily populated with nerves that are very sensitive.

Furthermore, procedures like lasers or electrolysis if used on the facial skin may result in skin rashes. They might lead to acne-outbreak or hyper-pigmentation.

And even if the treatment goes without any side effects, the hair will always grow back, requiring recurrent treatment.

Waxing, threading and plucking are the most famous and easily conducted.

There are home remedies, however, that may lessen the hair density and also ensure â€˜a zero harmâ€™ to your skin. So while you follow a regime to lessen your facial hair, you end up nourishing your skin as well in the process.They might lead to acne-outbreak or hyper-pigmentation.

Lime is an omnipresent solution for hair removal and bleach.

â€¢ To reduce hair density on the face â€“

A mask prepared by mixing Â½ tsp of sugar in 1 tbsp lime juice and few drops of water (water is used to dilute the acidity of lime), apply this to the hair in the direction of its growth.

Leave it on for 15 minutes. Wash off with water. This applied twice a week inhibits further hair growth and also sheds off the existing hair follicles.

â€¢ To bleach the hair, this suits those who have lesser hair density -

1 tbsp of lime juice mixed with 4 tsps of honey, applied in the direction of the hair growth, rinse with water after 10-15 minutes.

This can be applied twice every week. The pack has natural bleaching characteristics that lighten hair colour making them almost invisible to the eye.

Never get anxious about facial hair. There are remedies that are quite effective. Be confidant about your skin and everything will fall in place, just right.

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Article Keywords:
healthcare tips,health news,healthcare news,medical updates,medical news,fitness news,herbal products,Diet and Nutrition updates,weight loss tips,hospitals in India

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