15 Home Remedies to Lighten Dark Neck, Underarms and Inner Thighs

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All of us are conscious about our physical appearance, and we always strive to achieve perfection by relying on home remedies as well as cosmetic products. Dark pigmentation on the neck, underarms and inner thighs is an embarrassing and depressing problem, especially for people with fair complexion because it not only affects the overall appearance of the person, but curbs one's freedom of wearing all types of clothing. The hyperpigmentation is caused by an increase in the level of melanin in the skin cells, deposition of dead skin cells on these regions, frequent shaving, friction caused by fitting clothes and allergies. Whatever might be the reason for discoloration, it is best to address the issue with home remedies using natural ingredients – the ultimate answer to the question of how to get clear skin naturally, which have absolutely no side effects.

Causes of Darkening of Neck

Darkening of the neck can happen due to various reasons such as excessive exposure to sunlight or as a symptom of intestinal or liver disorders. It can also be caused by hormonal changes or skin infections. Here are some of the causes of dark neck skin.

- **Acanthosis Nigricans** – This condition is characterized by thick, velvety and dark skin on the sides and back of the neck and it is caused due to an increase in the level of insulin in the body. People affected by diabetes, obesity or overweight issues suffer from this problem in which the cell activity is triggered by the insulin.
- **Eczema** – Severe eczema can cause the skin around the neck to darken, and is accompanied by itching and irritation.

- **Hormonal Imbalance** – Hormonal imbalance can lead to an increase in the pigment melanin in the skin cells, which lead to the formation of dark patches on the neck. This condition is also known as hyperpigmentation.

- **Fungal Infection** – A specific type of fungal infection known as Tinea Veriscolor causes infection and flaking of the skin on your neck. The fungal infection can dry out and turn a dark brown color before the dry flakes begin to shed from the neck.

- **Sunburn** – Excessive exposure to the harmful UV-A and UV-B rays of the sun can severely affect the skin tone of the neck.

### Home Remedies for Dark Neck

Darkening of the skin of the neck area is not a skin disease, but is an embarrassing problem all the same that affects the appearance of the person. The best way to lighten the skin tone of the neck region is by using natural and time-tested home remedies.

#### Almond Scrub

Almonds are an amazing source of Vitamin E which is necessary for improving the general health of the skin and works effectively to lighten dark skin. The skin lightening properties of almonds also help in correcting skin discoloration. The benefits of almond oil and [almond milk for skin](#) are well known. No doubt, almonds and almond oil is widely used in beauty products and cosmetics.
Take 5 to 8 almonds and grind them to make a thick paste, add one teaspoon of milk powder and 1 teaspoon of honey to it, mix well and apply it on the darkened areas of the neck. Let it infuse for 30 minutes and then remove it by massaging and washing it off with water. Repeat this therapy 3 to 4 times a week. You can also massage pure almond oil on the neck daily in order to improve blood circulation to the area.

Walnut Scrub

Just like almonds, walnuts are also loaded with essential vitamins and minerals that nourish the skin and keep it glowing, moisturized and smooth. Nuts are often included in effective face packs for glowing skin. A scrub made of walnut and sour curd is extremely effective in lightening the skin tone by removing the deposit of dirt and dead cells from the back and sides of the neck. The acids present in sour curd make it one of the most potent home remedies to lighten skin naturally.
Crush 8 to 10 walnuts roughly and add 2 teaspoons of sour curd to turn it into a dense paste, apply this paste on the sides and back of your neck and scrub by massaging your neck for 10 minutes, then leave it on your skin so that it dries for 30 minutes. Wash it off with cold water. Repeat it on a regular basis for 2 weeks for amazing results.

Oats Scrub

Oatmeal and weight loss are closely related to each other, but it is also an effective home remedy for various skin problems. It not only exfoliates the skin in a gentle manner, but also heals acne and soothes dry and irritated skin. It is one of the best natural scrubs of all skin types. It is also effective in lightening dark complexion, which makes it one of the most powerful home remedies for dark skin.
Take two tablespoons of coarsely ground oats and pour 2 tablespoons of freshly pureed tomatoes to it to make a thick paste. Smear this paste on your neck and leave it on for 30 minutes. Then wet it with some water and scrub your neck in a gentle circular motion. Wash your neck with cold water and put moisturizer to the area. Repeat it twice a week for best results.

Baking Soda

The uses of baking soda for skin and hair are well known. It is a natural exfoliant that gently removes dark and discoloured patches from skin and also soaks excess oil from skin, which makes it an effective natural remedy for pimples and acne. The combination of baking soda and water is a potent remedy for lightening hyper-pigmentation that forms on the edges and rear part of the neck.

Make a thick mixture by adding 3 parts of baking soda and one part of water in a glass bowl. Mix the contents of the vessel carefully and then apply the paste on the dark areas of the neck. Let it dry for 10 minutes and then rinse off with water. Repeat this remedy 3 times a day to lighten the complexion of your neck within a few weeks.

Orange Peel

Orange peel is an amazing ingredient for improving overall skin health because the peels actually contain a higher amount of vitamin C compared to the fruit. Vitamin C is an essential compound for lightening the skin tone. Dried orange peel powder acts as natural bleach for skin lightening at home, which helps in correcting uneven skin tone and dark patches on the neck.
Dry some orange peel in the sun and then grind them in a food processor to make a smooth powder. Mix 2 tablespoons of the orange peel powder with 2 to 3 teaspoons of whole milk and mix it to form a heavy paste. Apply this paste on the darkened areas of the neck; allow it to dry for 30 minutes and wash it off with cold water while massaging your neck. Repeat this remedy daily for 2 weeks to see a noticeable improvement.

Causes of Dark Under arms

Dark underarms are an embarrassing problem, and there are many women who suffer from this problem. There are several causes of armpit darkening. Let us take a look at some of the common ones.

- **Shaving** – Most of us resort to a quick shaving session in order to remove the unwanted hairs. But frequent shaving gives a dark and discoloured appearance to the underarms because it cuts the hair at the exterior layer of the skin and the dark stubbles show up like dark stains. You can resolve this problem by opting for waxing instead of shaving your underarms.

- **Build-up of Dead Skin Cells** – Although we concentrate on scrubbing our face and neck religiously, most of the times the underarms go ignored. This leads to the deposition of dead skin cells in the armpits that remain trapped in the microscopic crevices of the skin. This problem can be solved by exfoliating the armpits using a scrub containing lactic acid.
- **Excessive Use of Deodorants and Antiperspirants** – Although deodorants are an extremely important product for hiding abominable body odour, some of the ingredients present in these products react with the skin adversely and cause skin discoloration. People have observed an improvement in their skin tone after they stopped using antiperspirants and deodorants for some time.

- **Bacterial Infection** – A specific bacterial infection called Erythrasma is responsible for causing dark under arms. The infection is caused by Corynebacterium minutissimum bacterium and it is more common in people suffering from diabetes.

### Home Remedies for Dark Underarms

Darkening of the underarms skin is not a result of any skin disease or medical condition. The skin discoloration is simply caused by its response to certain external factors. Although not harmful in itself, dark underarms make us uncomfortable and self-conscious while wearing off-shoulder and sleeveless dresses and tops. Here are some potent home remedies that will definitely provide a solution to the question of how to lighten dark underarms.

#### Raw Potato

The mild bleaching property of potato works effectively in lightening dark skin, but unlike the strong skin bleach, it does not cause skin irritation. The natural bleaching property of raw potato not only helps in lightening black under arms but is also the [best way to remove dark circles](#) around eyes.

Take a medium sized potato, peel and grate it in order to extract the juice from the pulp. Use a cotton ball to spread this juice on the sides and back of your neck, let it dry for 30 minutes and rinse off with lukewarm water. Repeat this remedy 3 times a day for 2 weeks to get remarkable results.

#### Lemon Juice

Skin lightening tips are incomplete without the inclusion of lemons in it. When it comes to removing any kind of dark patches or marks from skin, there is nothing like lemon juice. Lemon juice is the most effective natural bleach which helps in lightening skin tan, treating age spots, pigmentation and hyper-pigmentation. The powerful antiseptic and antibacterial properties of lemon juice also help in getting rid of body odour.
Cut a Lemon into half and rub one-half of the lemon on your underarms for 5 to 8 minutes while squeezing out the juice. Rub the other half of the lemon on the other underarm in the same manner, wait for 20 minutes and wash the area thoroughly with water. Lemon can make your skin dry, so it is best to apply moisturizer on the underarms after using this remedy.

Cucumber

Just like lemon and potatoes, cucumbers also possess natural bleaching properties that help in lightening the darkened skin of the underarms. Cucumbers are an effective remedy for skin lightening if you have sensitive skin because it soothes the skin and prevents itching and skin irritation.

Cut 1/2 cucumber into small pieces and put them in a blender in order to extract the juice. Take 4 tablespoons of the juice in a glass bowl and add a pinch of turmeric powder and 2 teaspoons of lemon juice to it, then mix thoroughly and apply it on the armpits. Let it stay on for 30 minutes and then clean it off with water. Repeat this home remedy daily for 2 weeks for best results.

Rice Flour and Vinegar Pack

The benefits of rice flour or rice powder for skin are numerous. The oil controlling properties of rice flour make it a popular ingredient of homemade facial packs for oily skin. It is a natural skin blanching agent that not only improves the dark color of the armpits but also helps in soothing sunburnt skin.
Vinegar also helps in lightening skin color and killing odour causing bacteria and germs that feed on the dead skin cells that cause underarm odour.

Mix 4 tablespoons of rice flour with 2 tablespoons of vinegar to form a paste of thick consistency. Clean your underarms and apply this paste on the armpits. Let the paste dry for 20 minutes and then wash it off with water. Repeat this remedy 3 to 4 times a week for outstanding results.

Gram Flour

This particular solution for dark underarms comes straight from Grandma’s book of remedies, and it is time tested for this action and effectiveness. Gram flour helps in exfoliating the skin and removing the layers of dead cells from the skin surface, which makes it a powerful natural remedy for lightening dark underarms. Gram flour scrub is also the best solution to the question of how to get rid of dead skin cells.
Mix 2 tablespoons of gram flour with one tablespoon each of lemon juice and sour curd. Beat the mixture thoroughly to form a smooth paste and apply it on your underarms. Let the paste dry for 30 minutes and then wash it off with warm water. Repeat this remedy daily for 2 weeks to get desired results.

Sandalwood

Sandalwood uses for skin are numerous. Sandalwood powder is yet another potent remedy for lightening dark underarms which is well known for its skin lightening properties. It also soothes and softens the skin which makes it an ideal remedy for people with sensitive skin. In addition, the refreshing fragrance of sandalwood fights body odour caused by excessive sweating.
Mix 2 tablespoons of pure sandalwood powder with rose water to create a paste of thick consistency. Apply this concoction on your armpits and let it dry for 30 minutes. Rinse it thoroughly using cold water. Repeat this remedy daily for 2 to 3 weeks to lighten the skin tone of the underarms within a few weeks.

Causes of Dark Inner Thighs

It is true that having dark or black inner thighs is an extremely embarrassing problem for both men and women. Although most people associate it with poor personal hygiene, usually it is not the case. Hyperpigmentation in inner thighs is caused by several factors; here we have discussed some of the common causes.

- **Obesity** – Dark skin in the inner thigh region is more common among obese people. This is because with excessive weight gain the thighs become heavier and rub against each other during walking. And this continuous rubbing of the thighs causes discoloration and itchy skin.
- **Friction** – Excessive sweating and friction between the thighs cause darkening of the inner thighs. This is more common in people who prefer tight clothing. Therefore, it is best to wear loose and breathable cotton clothing if a person is suffering from this problem.
- **Hormonal Imbalance** – Hormonal imbalance in women can lead to darkening of the inner thighs, and it becomes more prominent during parts of the menstrual cycle and hormonal changes during pregnancy.
- **Diabetes and Insulin Resistance** – People suffering from insulin resistance have darker inner thighs along with dark skin around the neck and armpits.

Home Remedies for Dark Inner Thighs

Many men and women suffer from the problem of dark inner thighs where the skin tone of their inner things is many times darker than the skin tone of the rest of the body. Darkening of the inner thighs is caused by a number of factors, but it creates more problems in case of women because they feel self-conscious while wearing swimsuits, bikinis and shorts. Here are some of the power packed home remedies for inner thigh whitening naturally without the use of chemicals or bleach.
Coconut Oil

The benefits of coconut oil for hair and skin need no new emphasis. Coconut oil has natural skin whitening properties that help in lightening hyper-pigmentation, and also moisturizes the skin of the inner thighs in a nourishing manner. In addition, coconut oil is also a powerful cure for ring worms. Mixing coconut oil with lemon juice makes the remedy even more effective because it helps in removing the dead cells and blemishes.

Mix 3 tablespoons of extra virgin coconut oil with the juice of half a lemon in a glass bowl and apply the mixture to the inner things. Massage the areas for 15 minutes, leave it on for another 10 minutes and wash the inner thighs with warm water. Repeat this remedy once every day for prompt results.

Honey, lemon and sugar scrub

Application of honey on chapped lips is an age old home remedy for dryness of skin. What better way to lighten the skin of the inner things than with a nourishing honey, sugar and lemon Scrub? This is a moisturizing scrub that contains the hydrating properties of honey, which soothes the dry skin of the inner things and the exfoliating power of sugar, which helps in stripping off the coats of dead skin cells from the region.
Mix 1 tablespoon each of honey and lemon juice, and add 2 tablespoons of sugar to it. Apply it on the inner thighs and gently scrub the region using firm circular motions for 10 minutes, leave the mixture on for another 15 minutes and then wash off with lukewarm water. Repeat this remedy 4 times a week for 2 weeks for amazing results.

**Aloe Vera Gel and Almond Oil Pack**

Aloe vera is an amazing ingredient for all skin types which helps in soothing and moisturising the dry skin cells of the inner thighs. It is also a potent natural remedy for scalp psoriasis. The addition of pure almond oil to this pack makes it absolutely effective for skin lightening, because almond oil is rich in vitamin E, which plays a crucial role in lightening skin tone and improving overall skin health.

Cut an aloe vera leaf and scrape out enough gel from the leaf so that you have 2 tablespoons of aloe vera gel. Add 1 tablespoon of almond oil to the gel, mix it well and massage your inner thighs with this moisturizing pack till it gets absorbed into the skin. Wash the region with water if you have a sticky feeling in your inner thighs.
Glycerine, Lemon and Rose Water Solution

Being a potent humectant, glycerin prevents moisture loss from the cells of the inner thighs and saves the skin from drying out. It also softens the skin while lemon juice acts as a powerful bleach that corrects uneven skin tone and lightens the dark color of the inner thighs.

Mix 1 tablespoon each of lemon juice and glycerine in a glass bowl and add 4 drops of rose water to it. Apply the solution on the inner things before going to bed at night, massage the areas for 10 minutes. Wash the area the following morning. Repeat it daily for 1 month to get desired results.

Vitamin E oil and Aloe Vera Gel Pack

Skin discoloration and hyperpigmentation is often caused by free radical damage, and pure vitamin E oil helps in neutralizing the harmful effects of free radical damage to the skin. Therefore, it can be used as an effective home remedy for lightening dark inner thighs. Aloe vera gel or pulp helps in moisturising the dry skin cells of the inner thighs in an intense manner.
Take 2 tablespoons of aloe vera gel and add 10 drops vitamin E oil to it. Apply this mixture on the inner thighs, let it dry for 15 minutes then wash the region with water. Use this pack 2 times a day 3 times a week for best results.

Try out these safe and effective natural remedies for correcting skin discoloration of the neck, underarms and inner thighs and gain back the confidence to wear all types of outfits.

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