The desire to have healthy and glowing skin is common to both men and women, and we often look for the solution to the question of how to have glowing skin naturally in grandmother’s book of remedies, herbal treatments, and ayurvedic cures. Melasma or hyperpigmentation is a specific skin condition characterized by uneven patches of brownish skin that is caused due to uneven distribution of the skin pigment melanin in the skin. Melasma can affect both men and women but it is more common among women when compared to men, and it occurs mainly during pregnancy. Melasma can appear on the forehead, cheeks, nose, and chin and above upper lips and other body parts like forearms and neck. It is best to address this skin problem with home remedies that are effective yet gentle on the skin.

Causes of Melasma

There is a wide array of factors that can trigger melasma or aggravate the condition. Sun exposure is one of the main factors.
Excessive exposure to sunlight
Deficiency of vitamin D in the skin
Overuse of birth control pregnancy
Hormone replacement therapy
Hormonal imbalance during pregnancy
Genetic predisposition of a person
People suffering from thyroid diseases,
Stress – Overproduction of melanocyte-stimulating hormone (MSH)
Allergic reaction to certain medications or cosmetics

15 natural Remedies to Get Rid of Melasma at Home

Although a wide range of cosmetic procedures such as chemical peel and microdermabrasion is available to remove melasma, most of them have harsh effects on the skin. Therefore, it is best to rely on home remedies that have absolutely no side effects in the long run.

Turmeric

Turmeric, commonly known as the holy powder has potent medicinal properties which make it a popular ingredient in ayurvedic medicine. It is especially effective for curing skin diseases and issues related to skin. It is a time-tested cure for pigmentation on face, also known as melasma. Curcumin, the active ingredient existent in turmeric has strong antioxidant and skin lightening properties, and it also helps in reducing melanin pigmentation. It also flushes out toxins from the skin and helps cure acne and pimples.
Make a thick paste by mixing 5 tablespoons of turmeric with 10 tablespoons of milk. You can also add 1 teaspoon of gram flour to thicken the paste. Apply this paste on the skin affected by hyperpigmentation and let it dry out completely. Then rinse your skin with lukewarm water while massaging gently using a circular motion. Repeat this cure daily for best results.

Horseradish

We are aware of the benefits of eating fruits and vegetables for weight loss, but certain vegetables are equally effective for the skin as well. Horseradish is widely used for natural skin care because of its capacity to reduce all types of skin discolorations, blemishes, and scars, and it is one of the most effective melasma home remedies also. This remedy works by bleaching the skin and lightening undesired discoloration and hyper pigmentation of the skin. Horseradish helps in peeling off the damaged skin and revealing the healthy skin that is present underneath the top layer.
Add 2 tablespoons of horseradish powder to 1 cup of sour curd; mix well and apply to affected areas. Wait for 30 minutes and swab off with lukewarm water. Reapply this treatment once every week till you get desired results.

Lemon Juice

When it comes to improving skin complexion naturally, there is no other remedy like raw lemon juice. The mixture of lemon juice and warm water is also one of the natural home remedies for weight loss. Topical application of lemon juice is considered a potent melasma natural treatment that works the peeling off the damaged outer layer of the skin, thus removing the melasma pigmentation.

Lemon juices work as natural bleach that lightens the grey-brown patches that appear on cheeks, forehead and nose. Squash out the juice from one lemon and apply it thoroughly all over the affected areas rubbing gently for 2 minutes. Leave it like that for 20 minutes and then wash off with lukewarm water. Repeat this cure 2 times a day for 3 weeks to see wonderful results.

Apple Cider Vinegar

Apple cider vinegar is an extremely popular treatment for various types of skin and hair problems. It is used as a popular ingredient in natural hair mask for dull and damaged hair and is also considered one of the functional home remedies for melasma. The acetic acid found in apple cider vinegar makes it a natural bleaching agent that removes skin spots and makes the skin radiant and smoother. In addition, it also removes toxins from the skin.
Mix equal shares of apple cider vinegar and water and apply a generous amount of the solution to the melasma spots and allow it to air dry. Then wash the areas with lukewarm water and pat dry using a clean towel. Follow this treatment 1 time every day for required results.

Papaya

Papaya is an extremely versatile fruit that has numerous uses for the skin. Both raw and ripe papayas are used for using several skin issues, and ripe papaya is widely used in fruit facial masks. Papaya is also a powerful natural melasma treatment at home that is readily available in the kitchen. The natural active enzyme papain present in papaya works as an exfoliant that removes the damaged and dead skin cells and helps in restoring a smooth and even skin tone.
Mash a few pieces of ripe papaya to bring it to a paste like consistency and add 2 teaspoons of honey to it. Mix well and apply the mask all over the affected skin. Wait for 20 minutes and wash off with lukewarm water. Follow this natural cure 1 time every week for 2 to 3 months to remove melasma completely.

**Almond**

The benefits of almonds and *almond milk for skin* need no new emphasis. A nourishing and exfoliating scrub made of almonds and honey is undoubtedly the best treatment for melasma. The high protein content in almonds has the capacity to lighten skin complexion. Almonds also contain vitamin E that not only corrects skin discoloration but also nourishes the skin.

Grind 8 to 10 almonds to make a coarse paste and add enough honey to make a thick paste. Smear this mixture on the affected skin, massage for 5 minutes and leave it on for another 20 minutes. Wash off the pack with lukewarm water. Follow this cure 3 to 4 times a week till the melasma is gone completely.

**Aloe Vera Gel**

The amazing hydrating properties of aloe vera gel makes it a popular ingredient in many skin care products and it is one of the beneficial natural remedies for melasma. It is also used to treat numerous skin diseases, and it is a potent cure for *treating ringworm*. Pure aloe vera gel contains mucilaginous polysaccharides that lighten blemishes, dark spots caused by excessive sun exposure and melasma discoloration. The potent antioxidant properties of aloe vera gel protect the skin from the damage caused by oxidative stress. It is best if you have access to pure aloe vera gel.
Apply pure aloe vera gel evenly on the affected skin and massage gently for 2 minutes. Leave it on for 15 minutes and then wash off with lukewarm water. Follow this natural cure 2 times daily for few weeks to get best results.

Oatmeal

Oatmeal is an important complex carb that is included in the diet of health conscious individuals because of its benefits for weight loss. But oatmeal is also an effective way to get rid of melasma naturally. A nourishing oatmeal scrub is the best solution to the question of how to get rid of dead skin cells. The natural exfoliating properties of oatmeal gently scrape off the layers of dead skin cells in order to reveal brighter skin. This remedy is also quite effective in reducing chloasma during pregnancy.

Mix 2 tablespoons each of oatmeal, milk and honey in a bowl and apply it on the affected skin. Massage your skin in a rounded motion for 5 minutes, leave it on for 20 minutes and rub off with the mixture with lukewarm water. Reapply this scrub 3 times a week for 1 month.
Guava is a delicious fruit which helps in relieving tooth and gum problems and keeps the breath fresh and odor-free. Banana is also widely used in natural DIY face packs and hair packs. The combination of banana and guava is one of the potent treatments for melasma as well. The compound lycopene present in guava is useful for lightening blemishes and hyperpigmentation. This fruit pack also helps in exfoliating the skin and removing dead skin cells.

Mash 1 guava and 1 banana to form a thick paste. Apply the paste on affected areas, wait for 20 minutes and wash off with water. Repeat this natural cure on a daily basis.

Onion Juice

Natural homemade tips for hair growth are incomplete without the inclusion of onion juice in the list. Onion contains certain sulfur compounds like sulfoxides and cepaenes that help in getting rid of melasma on face. In addition, onion juice also removes the blemishes and scars caused by acne and pimples and provide nourishment to the skin cells. Crush the pieces of onions to extract the onion juice.
Mix equal parts of onion juice and apple cider vinegar in a glass bowl and smear this concoction on the face using a cotton ball. Let it get soaked into the skin for 20 minutes and the wash off with warm water. Follow this cure 2 times a day for few weeks.

Gotu Kola and Ginseng

The herb ginseng is known for its potent medicinal properties, and it is widely used to treat various diseases and ailments. Ginseng when combined with the Chinese herb Gotu Kola works as a powerful remedy to get rid of melasma. Both of these herbs help in reducing dark pigmentation, spots, blemishes, and scars.

Mix equal parts of Gotu kola and ginseng powder and add some ginseng tea to make a liquid base. Smear this mixture on the melasma spots, wait for 20 minutes and rinse thoroughly. Make a fresh batch of the paste every day and apply on the affected areas for 2 weeks to get visible results.

Grape Seed Extract

Grapefruits are extremely helpful in promoting weight loss, and the extract of grapefruit seeds is used in various cosmetic and skin care products thanks to its potent antibacterial, antiviral and antifungal properties. The strong detoxifying power of grape seed extract makes it one of the preferred home remedies for melasma on face. In addition, it also contains essentials vitamins and minerals like iron, calcium and potassium that are required for maintaining the overall health of the skin.
Daily application of grapefruit seed extract can provide unbelievable results. People with sensitive skin may have skin irritation after application of this remedy, in which case they should discontinue the usage. Those who are sensitive to citrus fruits should also refrain from using this remedy.

Apricot kernel oil

Apricot is a delicious stone fruit that is widely consumed in various parts of the world which is often used in cosmetic and skin care products and as a natural scrub thanks to its skin lightening properties. Apricot kernel oil is derived from dried seeds of apricots that are cold pressed. This light colored oil rich in Vitamins A, C and E along with fatty acids which provide intense nourishment to the skin, relieves inflammation and lightens melasma spots from face.

Trickle a few drops of apricot kernel oil on a cotton ball and wipe your skin with this cotton ball. Reapply the oil 2 times every day till the melasma marks have vanished completely.

Sandalwood

The uses of pure sandalwood powder and sandalwood oil for skin are numerous. Sandalwood is an effective skin lightening ingredient that is widely used in cosmetics and skin care creams and lotions.
The essential oil present in sandalwood enhances skin complexion and lightens melasma spots and other blemishes without causing any skin irritation.

Mix equal parts of sandalwood powder, whole milk, lemon juice and turmeric powder to form a thick paste. Apply the paste evenly all over the affected skin and allow it to air dry. Remove the mask by splashing some water on it and rubbing it off in a circular motion. Follow this natural cure 4 times a week until you get desired results.

Cucumber

Cucumber is yet another effective remedy to remove pigmentation on face and cure melasma. The soothing and skin lightening properties of raw cucumber makes it one of the most time-tested home remedies for dark circles and bags. The high water content of cucumber helps in hydrating the skin cells and lightening pigmented skin. It also helps in treating other skin conditions as acne, rough and dry skin and blemishes.

Peel and grate half cucumber and apply it directly to the affected areas of the skin, wait for 20 minutes and wash-down with water. Reapply this cure 1 time every day till you get desired results.
Tips to Prevent and Control Melasma

Including a few simple tips and bringing about some minor changes in your lifestyle can help a lot in preventing and controlling melasma.

Wear Sunscreen – One of the most popular and easy treatments to control melasma is to wear a broad-spectrum sunscreen cream or lotion every time you step out in the sun. Overexposure to sunlight triggers melasma and therefore it is a must to use a sunblock with SPF (Sun Protection Factor) of 30 or over, and it is a must even on cloudy days and during swimming. Select a sunscreen that contains zinc oxide and titanium dioxide and reapply it every 2 hours. Women should opt for make-up and cosmetics with SPF in order to have some extra protection against the sun.

Stay Hydrated – Each and every person should aim to drink 8 to 10 glasses of water every day without fail. It not only freshens the body and reduces inflammation, but also flushes out toxins from the system and aids in fading away melasma spots. You can squeeze some lemon juice in your water in order to boost up its melasma fading function.

Wear Outdoor Hats – Wear wide-brimmed and protective hats during your outing to the beach, pool or park in order to provide extra protection to the delicate facial skin along with sunscreen. Facial skin is extremely delicate and vulnerable to harsh sunlight and heat.

Mild Skin Care – Skin care products that contain harsh chemicals can trigger melasma or make it worse if it already exists. Therefore, it is best to opt for gentle and mild skin care products that do not irritate the skin or cause stinging or burning sensation.

Avoid Waxing – Waxing causes skin inflammation which can aggravate melasma. Therefore, it is best to avoid waxing those areas of the body affected by melasma. You can opt for some other hair removal procedures.

Healthy Diet – Having a balanced and nutritious diet consisting of all types of fruits and vegetables in not only important to preserve overall health, but also to maintain healthy skin, hair, and nails. You should also include high-quality proteins and omega 3 fatty acids into your daily diet.
Stay Away from Stress – It is true that stress is a natural reaction to challenging situations, and nobody can avoid stress, but you must try to control stress as much as possible because it is one of the main causes of melasma. You can try stress relief methods such as meditation, relaxing tai chi techniques and yoga.
So, now that you know the effective melasma home remedies; use them as directed and get freedom from ugly melasma spots, pigmentation, age spots and acne scars naturally.

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