

Home Remedies for Dark Underarms

Dark underarms are a condition in which the skin under the arms appears darker than the surrounding skin. This discoloration usually occurs because of a buildup of dead skin cells and a process called hyperpigmentation, which is a result of excess melanin production. Dark underarms can be caused by a variety of factors, including shaving, excessive sweating, hormonal changes, and certain skin diseases.

Causes

The most common cause of dark underarms is excessive sweating. The sweat and bacteria on the skin can cause the discoloration, especially if the area is not properly washed and cleaned. Shaving can also cause darkening of the skin, as can certain deodorants, antiperspirants, and fragrances. Hormonal changes brought on by pregnancy, menopause, and certain medications can also cause discoloration. In some cases, dark underarms could be a result of a skin condition such as eczema or psoriasis.

Symptoms

The main symptom of dark underarms is the discoloration of the skin. The discoloration is usually more noticeable on people with lighter skin tones. It may look like a patch of dark, thickened skin or a slightly darker shade of skin than the surrounding area. In some cases, the skin under the arms may be itchy or feel rough.

Apple Cider Vinegar

Apple cider vinegar is a natural remedy with many uses, including lightening the skin. Mix a solution of equal parts apple cider vinegar and water, and apply it directly to your underarms. Leave it on for 10 minutes before rinsing it off with water. You can repeat this process several times a week for best results.

Potato Juice

Potatoes are known to lighten the skin and reduce discoloration. Cut a potato into slices, and rub one of the slices onto your underarms. You can also create a paste by grinding the potato and mixing it with honey or milk. Apply it to your underarms and leave it on for 10 minutes. Wash it off with warm water.

Lemon Juice

Lemon juice has bleaching properties, and can help brighten the skin. Squeeze a few drops of fresh lemon juice on a cotton ball and rub it onto your underarms. Be sure to rinse off with lukewarm water after a few minutes.

Baking Soda

Baking soda helps to exfoliate and lighten the skin. Mix a teaspoon of baking soda with enough water to create a paste. Gently rub the paste onto your underarms and leave it on for a few minutes before rinsing it off. Use this remedy once or twice a week.

Cucumber Juice

Cucumber helps reduce dark patches and lighten skin tone. Cut a cucumber into slices, and rub one of the slices on your underarms. You can also create a paste by grinding the cucumber and mixing it with honey. Apply it to your armpits and leave it on for 10 minutes, before washing it off with lukewarm water.

These natural remedies can help lighten the skin of your underarms. However, it is important to remember that these remedies may not work for everyone. Also, keep in mind that it may take a few weeks to see results, so be sure to be patient and consistent with your skincare routine.