ACNE

HOME REMEDIES

Tea tree oil

Jojoba oil

Aloevera

Honey

Green tea

Coconut oil

REFER THE BOOKMARK CS PRJOECTS LINK HAI USME ACNE KA

DO AND DONTS

Choose right cleanser

Oil free skin

Stay hydrated

Healthy balanced diet

8 hr of sleep

No stress

Limiting alcohol and caffeine consumption

Practice deep breathing , yoga ,meditation

SUNBURN

HOME REMEDIES

Cold water

Baking soda and oatmeal

Aloevera’

Chamomile tea

Vinegar

Coconut oil

DO AND DONTS

DO PROTECT ANY BLISTERS

DO HYDRATE

DO APPLY AN AFTERCARE LOTION

DON’T ICE A SUNBURN DIRECTLY

DON’T SMOTHER A SUNBURN

DARK CIRCLES

Home remedies

REFER BOOKMARKS IN CS PROJECT

DO and donts

Do’s for dark circles for under eye:

1. Drink plenty of water.

2. Sleep well, at least for 8 hours.

3. Apply sunscreen daily.

4. Never touch your face with dirty hands. See that your napkin you wipe with is clean.

5. Remove makeup before going to sleep.

6. Wear sunglasses when out in sun.

7. Have more of fruits and vegetables (include Vitamin C, Vitamin A, Vitamin K i.e oranges, kiwi, broccoli, carrots, green vegetables, etc)

8. Include a salad made with vegetables like carrot, cucumber, lettuce, tomatoes, cabbage daily in your diet.

9. Include omega 3 fats in diet e.g. walnuts, fish, etc.

10. Exercise regularly.

11. Rest well.

Don’ts for dark circles for under eye:

1. Don’t smoke.

2. Don’t drink alcohol.

3. Avoid eating sugary and processed food.

4. Don’t be awake until midnight for watching movies or doing late night work

5. Avoid too much of salt.

6. Don't sleep with make-up on.

7. Avoid taking the stress.

RASHES

HOME REMEDies

REFER BOOKMARK IN CS PROJECT

Do and donts

Don’t use rubbing alcohol on your skin. It does

not help healing, does not kill infectious

bacteria, it stings, dries out your skin, and

makes rashes like eczema worse.

Don’t use bar soap. Many bar soaps can dry

skin.

Don't clean open wounds with hydrogen

peroxide or bleach. These things can make the

rash worse, and keep it from healing.

Don’t use light lotions. They spread easily but

do not provide much needed moisture

compared to cream, oil, or petroleum based

products.

Don’t use a triple-antibiotic ointment similar

to NEOSPORIN®. It doesn’t kill the bacteria that

cause skin infections, and may cause an allergic

reaction on the skin due to one of the

ingredients.

Do try an antihistamine like Benadryl®(diphenhydramine\*)

at night time if itching is keeping you from sleeping.

\*Follow the instructions on the package for the proper use and dosage.

Do add an oatmeal bath product, such as AVEENO®

Oilated Oatmeal to lukewarm water in the bathtub, and

soak for a little while.

Do use a gentle body wash or cleanser similar to Dove® in

the shower.

Do apply over-the-counter 1% hydrocortisone

cream/ointment twice a day (preferably after a bath or

shower) for at least 4-5 days in a row.

Do apply a good moisturizer (choose a cream, oil, or

petroleum-based product) to the rash. One good brand is

Aquaphor® Advanced Therapy Healing Ointment.

Do clean open wounds with a gentle cleanser and water.

Do follow the advice of a dermatologist or your doctor. A

proper diagnosis is important to help with rash treatment.

BLACKHEAD

HOME REMEDIES

Coconut oil, jojoba oil, sugar scrub:

Blackheads are nothing but clogged skin pores with dead skin and oil; which turn black by coming in contact with air. You can have them naturally removed, painlessly by exfoliating your skin with a scrub made of coconut oil and sugar. You can alternate coconut oil with jojoba oil and mix sugar, then apply on the face according to your oil preference. Both work miraculously well.

Use baking soda and water:

Take a spoonful of baking soda, half tbsp. lemon juice, mix it with lukewarm water. The paste works very well as a natural exfoliator and shields skin from infection. You can get rid of the tricky, firm blackheads using this home remedy.

Oatmeal scrub: Make a scrub with plain yogurt, half lemon juice, 1 tbsp oatmeal. Leave the scrub for 15 minutes on your face and rinse it off with lukewarm water. It not only removes blackheads but also imparts radiance to the face.

Milk, honey- cotton strip:

Mix milk and honey and heat it for around 10 seconds. Let them cool down for some time, then apply it over your blackheads. Take a clean cotton strip, and place it on top of it, and let it rest for 15minutes. Following which gently peel the cotton strip off, rinse and apply a moisturizer. Honey is anti-bacterial, milk has lactic acid, which aid in the natural removal process.

Cinnamon and lemon juice:

Mix a tbsp. of cinnamon powder, a pinch of turmeric and some lemon juice. Apply the paste on your face and let it rest for 10 minutes. Rinse it off with normal water. Cinnamon is known to improve blood circulation, tightens the skin pores, while lemon helps reduce the blackheads, whiteheads; due to its antibacterial properties, and leaves the skin healthy and glowing.

DO AND DONTS

REFER BOOKMARK

RINGWORM

Home remedies – refer bookmark

Do and donts-refer bookmark

STRETCH MARKS

Home remedies-refer bookmark

Do and donts – refer bookmark

ECZEMA

Home remedies-bookmark

Do and donts-

DO avoid triggers of the rash, including stress.

DO moisturize your skin daily, even when you have no symptoms. Use an odor-free oil-based cream or ointment (not lotion), best applied just after bathing while skin is still damp. Use hypoallergenic products when possible. For severe itching, also use a very mild over-the-counter steroid cream (1% hydrocortisone). Bathe with warm, not hot, water and mild soap.

DO take all pills prescribed by your health care provider. Don’t stop taking the medicines unless your health care provider approves.

DO avoid foods that cause your eczema to worsen.

DO exercise daily, but avoid excessive sunlight exposure and skin damage with a sunblock (SPF 15 or greater).

DO wash clothing and linens in fragrance-free soap; double rinse when possible.

DO call your health care provider if you have signs of infection (worsening redness, pus); wheezing or trouble breathing; or a severe stomachache or bone pain when taking steroid pills.

DON’T let your skin or home become too dry. A home humidifier may help.

DON’T forget your daily skin regimen even if you feel well. Plan ahead for trips by saving some of your usual products.

DON’T drive, cook, or operate machinery while using antihistamines if they make you sleepy.

Blisters

Home remedies- bookmark

Do and donts-

* If the blister has burst, don’t peel off the roof – let your body heal the area in its own way and in its own time.
* Apply antiseptic and a dressing or sticking plaster to the area to protect it and keep it free from dirt or irritants.
* Don’t use tape alone for the dressing. Removing the tape may rip the roof skin off the blister so use a non-adhesive dressing under the tape.
* Change the dressing daily and re-apply antiseptic.
* Steer clear of ‘folk remedies’ like applying butter or vinegar. These don’t work and can increase chances of things like infections.

Wear properly fitted shoes.

Choose moisture-wicking socks (socks that draw sweat away from your feet) or change socks twice daily if you have sweaty feet. Damp or wet socks cause friction and rubbing.

Wear ‘sports socks’ and the correct style of shoe when exercising, playing sports or walking long distances. For example, high heels are not designed for long walks early in the morning…

If you become aware of a localised ‘hot’ area on your foot, stop the activity and tape the area immediately.

Apply a foot spray deodorant to reduce sweating and the risk of fungal infection.

Change damp socks promptly, as wet socks can drag against the skin.

Humid/damp environments will assist in the creation of blisters.

Wear new footwear in before committing to wearing for long periods.