# Top 6 Ways to Get Rid of Stretch Marks

Both men and women can suffer from stretch marks on their skin. It can be caused from urgent losing or gaining weight, during pregnancy (for women) and after child birth, from wearing too tight clothes and so on.
It is not dangerous, not even a disease, but most people find it extremely unattractive and want to get rid of their stretch marks in every possible way. Doing a surgery maybe successful but it usually costs a whole lot of money, so this article suggests you natural ways on how to get rid of stretch marks.

## #1. Cocoa Butter

This is avery beneficial ingredient when comes to treating stretch marks. Apply cocoa butter over the affected area at least twice a day. After one to two months, the marks will be less visible, but you should be patient. Another option is to make a mixture using half a cup of cocoa butter, one tablespoon of wheat germ oil, two teaspoons of grated beeswax and one teaspoon of apricot kernel oil and one teaspoon of vitamin E oil. Heat this mixture until the beeswax melts and then you can store the mixture in an airtight box in the refrigerator . Keep applying it to your stretch marks two to three times a day.



## #2. Egg Whites

Eggs are a rich source of protein. You can use it for stretch marks, but only the egg whites, which contain amino acids and proteins.Whip the whites of two eggs with a fork. Clean the

affected skin area with water before you apply a thick layer of egg whites with a makeup brush or with a cotton ball. Let the egg whites dry completely and then rinse the area with cold water. In the end add some olive oil on the skin to keep it moisturized. Continue use it for two weeks or till you see some results.



## #3. Apricot Mask to Remove Stretch Marks

You may want to use apricot scrub for rapid removal of stretch marks from your skin. This easy recipe for a mask is made from apricot and you can apply it on your stretch marks daily for at least a month or more. Take 2-3 apricots and crush them with a fork till you get a paste. Apply the paste on the wanted spots where you have stretch marks and let the paste stay for 15 minutes. Afterwards wash it with water and continue doing this treatment twice a day for a month.



## #4. Aloe Vera Anti Stretch Marks Gel

Aloe Vera gel is very useful in the fight against the stretch marks. This herb contains collagen which helps a lot in the regeneration of the human skin. Use the fresh aloe gel taken from the leaves instead of using store bought gel. You can buy yourself the plant and use its leaves for many different skin problems, including skin cleaning.



# #5. Potato Juice

This is probably the cheapest and one of the most used home remedies for stretch marks. Potato is a wonderful food due to its many components like essential fatty acids and a variety of phytochemicals, like carotenoids and polyphenols. It also contains a lot of vitamins and minerals including Vitamin-C, B-complex, potassium, magnesium, calcium, phosphorus and zinc. The potato is capable of stimulating collagen and elastin synthesis. That is why it can actually restore skin cells and help you get rid your stretch marks.

# #6. Lemon juice

These fruits are recognized as a fine natural bleaching agents. The alpha hydroxy acids (AHA) and the vitamin C in lemons can efficiently remove the dead skin and make your stretch marks disappear fast. Here’s the fast recipe to make:
Cut a lemon in half and rub each piece of the fruit on your stretch marks. Let the lemon juice soak into your skin. Do this for at least 10 minutes. Then wash off your body with warm water. To turn the lemon juice into a superfast remedy for your stretch marks, you can mix the lemon juice with other ingredients in equal quantities (for example 1tbsp lemon juice with 1 tbsp other juice like a cucumber juice or a potato or a tomato juice).

Sursa: trendingpost.net

Sursa foto principal: http://www.rafskinna.com