

Underarms Whitening

Many people have observed that the skin on their underarm area seem to appear noticeably darker than other parts of their body. While this does not pose any health risk, people, especially ladies, with darker underarm skin may feel embarrass and self-conscious in particularly when they wear sleeveless tops.

Likely causes of dark underarm skin

1. *Reaction of synthetic fragrance with the body's natural secretion*
Products like talcum powder, deodorants, anti-perspirants, and perfume contain synthetic fragrances which may react with your body's natural secretion and sunlight(if that area of the skin is exposed to sunlight), potentially leading to discoloration of the skin. In addition, allergic reaction of the skin to synthetic fragrances can also result in darkening of the skin area.
2. *Tight, restrictive clothing made of synthetic fabrics*
Such clothing constricts circulation and creates friction on the sensitive skin area. In the long run, the skin may darken and thicken as a result of constant heat and abrasion.
3. *Excessive perspiration*
Excessive perspiration, especially in hot and humid climate, may result in bacteria and fungal growth. Combine with tight, restrictive clothing, the skin will become a fertile ground for such bacteria to thrive.

How to prevent darkening of the underarm skin?

1. *Wear loose-fitting clothes made of natural materials like cotton*
This allows your skin to 'breathe' and be well-ventilated so that it could function properly. It also helps to prevent accumulation of dampness and bacteria growth.
2. *Keep your underarm area clean and dry*
Use fragrance-free anti-perspirants. In addition, scrub the area gently everyday while in the shower to get rid of dead skin cells.

3. **Wax your underarm area instead of shaving**
Waxing lasts longer and hair re-growth tends to be finer compared to shaving. While shaving only cuts off the hair surface, waxing removes the roots, thus giving a 'cleaner' look. What's more, if you shave, you'll have to do it more often and this may cause more abrasion to the skin.

Natural DIY Treatments to Lighten Dark Underarm Skin

Here are a few recipes you can try at home for safe, effective lightening of the underarm skin area.

Skin Lightening Scrub-Cum-Mask

This recipe can be used as a mask and scrub to lighten the underarm area. It is soothing and gentle on delicate underarm skin. Rice powder helps to absorb excess moisture while ground candlenut is useful for removing trapped dirt in the pores and hair follicles.

Ingredients:

Rice powder	½ tablespoon
Oatmeal	1 tablespoon
Almond meal	1 tablespoon
Ground candlenut	½ tablespoon
Warm water	sufficient to form a thick paste

How to prepare:

1. Combine all the ingredients in a clean bowl.
2. Add sufficient warm water to form a thick, smooth paste.
3. Use immediately.

How to use:

1. Use on cleansed skin.
2. Apply onto the underarm area and allow to leave-on for 20 minutes.
3. Massage gently for a few minutes to promote exfoliation.
4. Remove the mask with a clean tissue paper.
5. Rinse underarm area thoroughly with warm water.

Cucumber and Yogurt Rub

Yogurt is rich in lactic acid, a natural AHA. This helps to dissolve away build-up of dead skin cells and lighten the skin. Cucumber is soothing, moisturizing and cleansing. In addition, it has mild lightening properties too.

Ingredients:

Cucumber	4 slices
Plain, natural yogurt	1 tablespoon

How to prepare:

1. Mince cucumber finely.
2. In a small bowl, combine yogurt and cucumber and mix well.
3. Use immediately.

How to use:

1. Use on cleansed skin
2. Apply onto the underarm area and allow to leave-on for 20 minutes.
3. Massage gently for a few minutes to promote exfoliation.
4. Remove the mask with a clean tissue paper.
5. Rinse underarm area thoroughly with warm water.

Underarm Lightening Powder

Use this natural powder in place of talcum powder to keep the underarm area fresh and clean. Turmeric powder helps to keep away bacteria and unpleasant odor. It has good skin lightening effect too. You can use it during the day and leave it on overnight on your underarm area as a lightening treatment.

Ingredients:

Rice powder	2 tablespoons
Turmeric powder	½ teaspoon

How to prepare:

1. In a dry, clean bowl, combine rice powder and turmeric powder.
2. Mix well until the powders are blended thoroughly.
3. Pour into a clean glass container and store in a dark, cool and dry place.

How to use:

Apply onto the underarm area

Note: Turmeric may stain light colored clothing.

Traditional Jamu Drink

This is a traditional jamu recipe used for refreshing the body and eliminating body odors. It is also rich in antioxidants that help to keep the skin and the body healthy. Perhaps you can say goodbye to deodorants containing synthetic fragrance with regular consumption of this jamu drink.

Ingredients:

Tamarind paste	500 grams
Fresh turmeric	150 gram
Fresh ginger	100 gram
Fresh coriander	50 grams
Water	1.5 liter
Fresh lime juice	5 tablespoons
Honey to taste	

How to prepare:

1. Rinse tamarind paste with cooled, boiled water.
2. Place tamarind paste in a large bowl. Add 1.5 liter of cooled, boiled water and mash until the water turns thick and brownish. Strain to remove seeds and pulp.
3. Peel turmeric and ginger. Slice thinly. Place together with coriander into a juicer to extract the juice.
4. Blend the juice with the tamarind juice. Add fresh lime juice and honey and mix well.
5. Pour into a clean glass jar and store in the fridge. Consume within 3 to 4 days for best results.

How to use:

Drink half a glass 2 to 3 times daily.

**Caution: Not to be taken during pregnancy and nursing.
Not suitable for people experiencing liver problems.**