



Are you worried about the various spots that are appearing on your neck, forehead, face, back, hands and feet? As our skin changes with age one of its signs of aging comes in the form of small brownish-colored lesions. My mother called them liver spots, despite the fact - I have since found out - that they have no relation to a liver disorder. These age spots are painless and, according to the American Academy of Dermatology, are formed due to prolonged exposure to the sun or battles with disease or sickness. So unless you have covered up, farmers are prone to many types of these spots which can be worrying.

While there are many clinical medications for treating age spots, these methods can be harsh, and may be detrimental to our health in other ways. Natural home remedies, however, tend to work just as well on age spots (without the side effects). But it is important to bear in mind that removing them completely will take time. Nevertheless, removing age spots is nothing near impossible - there are a number of ways to treat them and help diminish their appearance.

Here are a couple of home remedy options to eliminate these blemishes from your skin.

Lemon Juice: Lemon is frequently found in bleaching creams - the citric acid and antioxidants found in its juice are what make it an effective remedy. Simply apply a squeeze of lemon juice twice a day for six to eight weeks.

Onion and Apple Cider Vinegar: Blend an onion and leave a few minutes to drain. Add an equal amount of apple cider vinegar and apply over the spots, using a cotton swab. Expect to see improved results within 5 to 6 months.

Castor Oil: If your age spots appear to be rough in texture, apply castor oil twice a day for a couple of months. You will notice a distinct improvement in the appearance and texture of the spots.

Aloe Vera: This miraculous herb has been shown to have tremendous potential in treating dermatological conditions like burns and scars. The gel or juice from Aloe Vera can be directly rubbed onto the age spots. It also stimulates the growth of new skin to replace old, dead cells, rejuvenating the appearance of your face and skin

Papaya: Raw papaya can be grated and rubbed on the spotted area and then washed off after a few minutes. This must be performed every day to get ideal results.

Buttermilk and Tomato: Buttermilk and tomato juice can be applied over age spots to get positive results in the removal of age spots.

Watermelon: Some people choose to rub the rind of a watermelon over age spots. Watermelons are rich in antioxidant compounds and vitamin C, and it has been shown to positively improve the appearance of age spots!

Cumin Seed: Boil some cumin seeds in water, and then wash your face with that water, being careful not to rinse it with any cold water for 30 minutes after the initial wash. Cumin releases many of its essential oils when boiled, which is then applied directly to your face when you wash with the boiled water.

Garlic: Paste made of garlic has been observed to be efficient in treating age spots.

Farming Secrets says: Natural treatments can be just as effective and less harmful