



lightening freckles with herbs

Small, brown, circular or oval spots with a diameter of a few millimeters that appear on the skin of the neck and hands, especially on the face, and in the summer season, these spots appear more distinct than in the winter due to the increase of melanin in melanocytes. The basal layers of the epidermis are formed.

Another and similar type that mostly appears in people who have light blond and tan skin is Epelide (freckle), which sunlight has an effect on its appearance and increase.

In elderly people, two types of freckles are seen:

1- Brown spots several centimeters in diameter on the skin (Lentigo senile)

2-Large brown spots with a diameter of several centimeters on the cheeks, forehead, eyelids and even the skin on the back of the hands and legs, which are usually removed by surgery.

The plants effective in preventing the development of the mentioned spots and lightening the color or removing them are as follows :

- 1- Sour lemon juice, which is obtained by squeezing fresh fruit, has the effect of lightening the color of freckles. For this, you should add some salt to fresh lemon juice and then apply the solution to the skin of your face or hands .
- 2- fig tree juice by separating the leaves or unripe fruit that are still green in color, a white juice comes out of them, which has the effect of brightening the color of freckles. Apply only once a day.
- 3- Spring grass *Nasturtium officinale* R.Br, strengthening the scalp, effective in treating alopecia and lightening the color of freckles, add a small amount of honey to the fresh juice of the plant, which is obtained by squeezing the juicy leaves and stems of the plant, and then the solution after Apply gently to the skin in places of freckles, mixing and smoothing several times.
- 4- - *Canluna Vulgaris* (L) Salisb, *Erica cinerea* L. effective in removing freckles and some skin problems, blackheads) Mix 60 grams of this plant's branches with 250 grams of olive oil and leave it in this state for 15 days. Stir it occasionally, then pass the solution through a strainer and keep it in a glass with an opening. To remove freckles, the solution should be used at night before going to bed. When olive oil is made into a paste, it has a therapeutic effect on removing freckles.