

● **Summer skin**

Get rid of excess sweat, organically

With summer round the corner, sweat is a major problem. Though it is a natural phenomenon, sweat can cause skin problems and embarrassment to some people when they are out with someone or have to go for an important meeting. It is an added disadvantage. So, this summer get rid of this sweat organically with these home remedies by Rahul Aggarwal, CEO, Organic Harvest.

Here are some tips:

■ **Coconut Oil:** Infuse about 10 gms of camphor in a bowl of coconut oil and apply on the sweat prone areas after bath

and leave it for 45-60 minutes. Wash it off with clean water to give you desired results.

■ **Salt:** To cure excessive sweating, mix a tablespoon of salt with lime juice. Massage your hands with this mixture and it will decelerate the activities of sweat glands.

■ **Tea Tree Oil:** An essential oil, tea tree oil can be applied to the high perspiring areas. Desired results can be seen if regularly used. It is also excellent for oily skin.

■ **Potato:** The easiest remedy around, potatoes will help in ridding you off sweat. Simply cut slices of potato and rub them under your arms and the areas prone to sweat. Allow it



BEAT THE HEAT Tips to control excessive sweating.

to dry before wearing your clothes.

■ **Tomato juice:** Drinking a

glass of tomato juice every day will help you in getting rid of this excessive sweat during

summers.

■ **Grapes:** A natural anti-oxidant, grapes help you balance

the temperature of the body. So eating grapes daily can help you soothe out the problem of this excessive sweat.

■ **Vinegar:** Intake of two teaspoons of natural vinegar and one teaspoon of apple cider vinegar is an excellent remedy

to cure the excessive sweating people face during summers. Taking this mixture thrice a day on an empty stomach – half an hour before or after meal will give you the desired results.

■ **Cornstarch and baking soda:** If you sweat 'profusely',

applying the mixture of cornstarch and baking soda under the arms will help you get rid of this problem. After applying the mixture let it stay for half an hour till it dries up and then wash it off with clean water.

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