Best Home Remedies to Reduce Facial Hair Naturally - PDF

1) Besan + Turmeric (Best Remedy)

✅ **Why it reduces facial hair:**

Besan works like a natural scrub → removes hair slowly from the root and reduces thickness.

Turmeric has anti-androgen + anti-inflammatory effect → helps slow hair regrowth over time.

Regular use makes hair finer, lighter, and slower-growing.

How to use:

2 tsp besan + ¼ tsp turmeric + rose water/curd

Apply 15–20 mins → scrub gently while removing

✅ 3 times/week

2) Turmeric + Milk / Curd

✅ **Why it reduces facial hair:**

Turmeric helps weaken hair follicles gradually

Milk/curd softens hair and skin → makes hair easier to remove

With continuous use, hair becomes thin and less visible

How to use:

1 tsp turmeric + 2 tsp milk/curd

Apply 15 mins → rub gently → wash

✅ 4 times/week

3) Sugar + Lemon (Natural Wax)

✅ **Why it reduces facial hair:**

It removes hair from the root, just like waxing

Hair grows back slower and sometimes thinner after repeated use

Lemon also helps cleanse oil and reduce dullness

How to use:

Heat 2 tbsp sugar + 1 tbsp lemon + 1 tbsp water

Apply warm paste → pull like wax

✅ Once in 10–15 days

⚠️ Avoid if acne/sensitive skin (can cause irritation).

✅ **Important Truth:**

Home remedies don't remove hair permanently, but they reduce thickness and slow regrowth when used consistently for 4–8 weeks.

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