

60-Day Pimple Scar Removal – Home Remedies Guide

Daily Routine:

1. Aloe Vera (Daily – Morning or Night)

- Apply fresh aloe vera gel and leave overnight.
- Helps boost collagen and fade dark spots.

2. Honey + Lemon (3 Days Weekly – Night Only)

- Mix 1 tsp honey + 3 drops lemon.
- Apply 10–15 minutes and wash.
- Helps lighten pigmentation.

3. Turmeric + Milk Pack (2 Days Weekly)

- Pinch of kasturi turmeric + milk.
- Apply 15 minutes and wash.
- Reduces pigmentation and brightens skin.

4. Ice Rub (Optional Daily)

- Rub ice cube for 1–2 minutes after washing face.
- Improves circulation and reduces redness.

Weekly Schedule (Repeat for 60 Days):

Monday – Aloe

Tuesday – Turmeric Pack

Wednesday – Aloe

Thursday – Honey + Lemon

Friday – Aloe

Saturday – Turmeric Pack

Sunday – Aloe

Important Tips:

- Drink 2–3 litres of water daily.
- Eat healthy fruits and vegetables.
- Avoid junk and oily food.
- Sleep 7–8 hours.
- Use sunscreen daily.

Expected Results:

- 2 Weeks – Glow improves
- 30 Days – Dark marks start fading
- 60 Days – Visible scar reduction