

Whitehead Removal – Home Remedies Guide

1. Steam (2-3 times weekly)
 - Boil water and steam face for 5–7 minutes.
 - Opens pores and softens whiteheads.

2. Sugar + Honey Scrub (2 times weekly)
 - Mix 1 tsp sugar + 1 tsp honey.
 - Massage gently for 1–2 minutes.
 - Removes dead skin and unclogs pores.

3. Aloe Vera (Daily Night)
 - Apply thin layer before sleep.
 - Controls oil and reduces whiteheads.

4. Multani Mitti Pack (2 times weekly)
 - Mix Multani mitti with rose water.
 - Apply 15 minutes and wash.
 - Absorbs excess oil.

5. Rice Flour Scrub (Once weekly)
 - Mix rice flour with milk or water.
 - Gentle exfoliation prevents blockage.

6. Ice Cube Rub (Daily optional)
 - Rub for 1–2 minutes after washing face.
 - Tightens pores.

Important Tips:

- Do not squeeze whiteheads.
- Use oil-free moisturizer.
- Change pillow cover twice weekly.
- Drink 2–3 litres of water daily.