

15 Days Home Remedy Plan for Dark Neck

Natural remedies to reduce dark neck pigmentation, tan, and rough skin texture with simple home ingredients.

Common Reasons for Dark Neck

- Sun tan
- Sweat & dirt buildup
- Friction from chains or collars
- Dead skin accumulation
- Hormonal imbalance / insulin resistance

Note: If the neck becomes thick, itchy, or suddenly darker, consult a dermatologist.

Morning Routine (Daily)

Lemon + Honey Pack

1 tsp lemon juice + 1 tsp honey. Apply for 10 minutes and wash.

Aloe Vera Gel

Apply fresh aloe vera gel after bath or before sleep.

Night Routine

Rice Flour Scrub (3 Times Weekly)

1 tbsp rice flour + 1 tbsp curd + pinch turmeric. Massage gently for 2 minutes and leave for 10 minutes.

Potato Juice + Curd Pack

2 tsp potato juice + 1 tsp curd. Apply for 15 minutes daily at night.

Foods to Eat

- Cucumber
- Carrot
- Beetroot
- Amla
- Orange
- Plenty of water

Avoid

- Excess sugar

- Junk food
- Soft drinks

Extra Tips

- Clean sweat after coming home
- Use sunscreen on neck area
- Avoid tight collars and chains daily
- Change pillow cover regularly

Expected Results

Timeline	Expected Improvement
5 Days	Skin feels cleaner and softer
10 Days	Tan starts reducing
15 Days	Visible brightness improvement

Consistency is important. Natural remedies work gradually and safely when followed daily.