

How to Remove Facial Hair at Home Instantly – Therapeutic.com.pk

Facial hair in women, the idea we shrug off as a topic too gross to even discuss openly, actually is a pretty natural phenomenon. All women have body and **facial hair**, but **facial hair** is usually light coloured and fine in nature. However, for some women, the hair growth is extensive and coarse. This is because of the secretion of higher-than-normal levels of androgens, including testosterone. You must also know that all women produce androgens, but in controlled levels. In some conditions, the secretion surpasses the normal levels, often developing other male characteristics too. When there is excessive hair growth amongst women, the condition is called hirsutism, which could be caused by Polycystic Ovarian Syndrome (PCOS) or an adrenal gland disorder like adrenal cancer or tumour. However, in most of the times, it is not the case of an adrenal disorder that requires calling for a medical intervention or surgery.

Here are the top 10 home remedies for unwanted facial hair.

1. Lemon Juice and Honey



Lemon, Honey

Being sticky in nature, a lemon juice and honey mask can help remove fine hair from your face. The lemon juice works as a cleansing and exfoliating agent and the honey helps soften the hair due to its hydrating and moisturizing properties.

Moreover, being an antibacterial and anti-inflammatory, it will help avoid skin irritation and breakout.

Because of its bleaching quality, lemon juice will also help lighten your facial skin and hair.

2. Mix one tablespoon of fresh lemon juice and four tablespoons of honey.
4. Apply it on your face and leave it on for 15 to 20 minutes.
6. Gently remove the mask with a washcloth soaked in lukewarm water.
8. Do this at least twice a week for a few months.

its remove to **facial hair**.

2. Turmeric



Turmeric with Honey

Turmeric can be combined with a number of ingredients to get rid of unwanted **facial hair** naturally.

- Mix equal amounts of turmeric and whole wheat flour. Add sufficient sesame oil to make a thick paste. Smear it on your face and let it sit for about half an hour before scrubbing it off. Repeat the process once a week.
- Alternatively, combine two teaspoons of turmeric powder with enough milk or rose water to make a paste. Apply it to your face and allow it to dry. Finally, scrub it off.

Additional tip: To remove the yellow coloration on your skin left behind after the application of turmeric, dip a cotton ball in milk and rub it on your skin.

3. Papaya



Papaya, Honey

Papaya works as natural bleach and helps lighten unwanted **facial hair**.

- Mix one-half teaspoon of turmeric powder in raw papaya pulp. Gently massage your face with it and leave it on for 15 to 20 minutes before rinsing it off. Do this once a week.
- Alternatively, apply a mixture of one-half cup of papaya pulp and one tablespoon of milk. Leave it on for about 10 minutes and then wash it off.

For encouraging results, be patient and use one or more of these remedies daily or three to four times a week for at least one month.

If you have unusual or excessive hair growth on your face or body (may be accompanied by masculine features such as increased muscle mass, deepening voice, decreased breast size, etc.), consult a health care professional for proper diagnosis and treatment of any underlying medical condition.

4. Green Gram Flour and Rose Water



Rose Water

Like chickpea flour, green gram flour also aids natural hair removal through exfoliation. In addition, the combination of green gram flour and rose water works as a natural cleanser for sensitive and acne-prone skin.

2. Add one and one-half tablespoon of rose water to two tablespoons of green gram flour. You may add one tablespoon of lemon juice as well.
4. Spread the paste on your face and leave it on for 20 to 25 minutes before scrubbing it off.
6. Do this three to four times a week.

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5. Potato and Lentil



Potato

Apart from removing unwanted hair, potatoes have several other skin benefits too. The catecholase component of potatoes helps lighten and brighten your skin. For this mask, you would need yellow lentil soaked overnight, a potato, a teaspoon of honey and a pinch of lime juice. Grab a bowl and mash the potato, and extract its juice. Simultaneously, drain the water in which the lentils were soaked and grind the lentils until you acquire a smooth paste. Add the potato juice, honey and lemon to this paste. Apply the mixture on the affected areas and let it sit for 15-20 minutes until it dries out. Now with the help of your fingers, rub the dried out paste to remove it. And finally wash your face with cold water.

While the remedy is suitable for all skin types, those who are allergic to raw potatoes should keep away from trying this on, as it'll lead to allergic reactions. A patch test before applying the paste, is recommended in such case.[Facial Hair]

6. Egg White Mask



Egg

The excessive **facial hair** growth can be greatly curtailed by this egg mask. Not only is it sticky, which makes the mask stick to all your **facial hair** and help you peel the excess growth off once it is dry, but also nourishes your skin. Eggs are full of protein, which infuses the collagen booster your skin needs after a long day. Just grab a bowl, take the egg white and mix it with a tablespoon of cornstarch and sugar. Keep beating until you get a smooth mixture. Apply the paste on your face, and let it stay for 15 to 20 minutes. When the mask dries and is hard enough, peel it off quickly. Rinse your face with cold water after peeling. For best results, follow the regime at least twice a week, however, the mask may not prove effective for acne prone people. It can result in clogging of pores and an increased risk of breakouts.

7. Lavender And Tea Tree Oil



tea tree oil 255

What You Need

- 1 teaspoon lavender oil
- 4 to 5 drops of tea tree oil

What You Have To Do

2. Mix the oils.
4. Apply this mixture on the areas where you have unwanted hair. You can use a cotton ball for the application.

How Often You Should Do This

Repeat this process a couple of times daily for at least three months to see results.

Why This Works

Many women suffer from excessive terminal hair on androgen-dependent areas of their body, such as the breasts or chin, because of a medical condition called hirsutism. Women suffering from hirsutism have excessive growth of hair on their face and body. The hair is generally dark and coarse. It usually appears where men typically have hair - on the face, chest, face, and back. Lavender and tea tree oils may have antiandrogenic properties, and therefore, when applied topically, can reduce the growth of hair.

Suitable For

Not for those with acne-prone skin.

Caution

The tea tree oil may cause skin irritation, swelling, skin dryness, itching, stinging, burning, and redness in people having acne-prone skin. Do not consume the mixture. Its remove to **facial hair**.

8. Orange And Lemon Peel With Oatmeal



oranges

Seen those ads where the models peel off an orange mask from their faces to reveal glowing, brighter skin? Well, the “brighter” part can be vouched for by the fact that most of the tiny hairs on their face get ripped off along with the mask. But why opt for the chemical-laden products when you can make yours right at home?

What You Need

- 1 tablespoon powdered orange peel
- 1 teaspoon powdered lemon peel
- 1 teaspoon oatmeal
- 1 teaspoon powdered almond
- 2 teaspoons olive oil
- 1 teaspoon rose water

What You Have To Do

2. Mix the orange peel powder, lemon peel powder, almond powder, and oatmeal.
4. Add rose water to it.
6. Add olive oil to the mixture and make a paste.
8. Apply it on your face.
10. Leave it on for 5 minutes.
12. Massage it in gentle, circular strokes, against the direction of the hair growth.
14. You can do this for about 10 minutes.
16. Wash it off with chilled water.

How Often You Should Do This

You can apply this mixture thrice a week for best results. The powdered forms of all these ingredients are easily available online - gone are the days when we had to grind the peel ourselves. All you need to do is follow this regime religiously to win the war against unwanted hair.

Why This Works

The paste is very sticky and forms a film on the face when it dries. Once we start massaging it, the hair stuck to the dried paste comes off as well.

Suitable For

Those with sensitive skin can give this one a miss.

Caution

Make sure that you don't apply the mixture on your eyebrows.its remove to **facial hair**.

9. Garlic



Garlic

- 1 teaspoon freshly squeezed garlic juice

What You Have To Do

2. Massage the garlic juice on the areas where you have unwanted hair.
4. Keep it on for 30 minutes.
6. Wash it off with lukewarm water.
8. Apply a fragrance-free moisturizer.

How Often You Should Do This

You can apply the juice once every day. Its remove to **facial hair**.

Why This Works

There is not enough scientific data to back up the claim that using garlic juice gets rid of unwanted hair. However, many women who have tried this method have vouched for its effectiveness. Unless you are

allergic to garlic, there is no reason for not trying it. As it is, garlic has several beauty benefits.

Suitable For

Not for those with hypersensitive skin. A patch test is strongly recommended.

Caution

May induce allergic reactions and asthma. Has a strong odor, so avoid applying it before going out.

10. Alum And Rosewater



Rose Water

What You Need

- 1/2 teaspoon of alum powder
- 2 to 3 tablespoons of rose water
- A few drops sesame oil or olive oil

What You Have To Do

2. Add rose water to the alum powder and make a paste.
4. Take a cotton ball and dip it in the mixture.
6. Apply the paste on the areas where you have unwanted hair.
8. Allow it to dry. Follow it up with another application of the mixture.
10. Repeat this dry-and-apply process 5 to 6 times. If you have sensitive skin, 3 to 4 times is enough.
12. Wash it off.
14. Apply sesame oil or olive oil to moisturize the area.

How Often You Should Do This

You should do this at least once a week, if possible three days a week. Alum powder is easily available in the market. If you don't get it in powdered form, simply grind the alum chunks.

Why This Works

Alum has been used traditionally by Asian women to inhibit hair growth. It has been shown to have worked wonders in inhibiting the growth of hair. It can also be used as an after-wax product as it cools the skin as well. Its remove to **facial hair**.

Suitable For

All skin types.

Caution

It may cause a stinging sensation. Alum can cause irritation of the skin and mucous membranes.

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