

Client: Himalaya

This Golden Root is the answer to all your skin care troubles!

Say hello to your new best friend: Turmeric.

We have all heard of our fave beauty bloggers, celebrities and numerous beauty websites raving about how they use turmeric masks and turmeric scrubs and basically everything turmeric. But what is it, exactly?

Glad you asked! Turmeric powder is derived from the curcuma plant. Its roots are dried and are then grounded into powder and voila! You have turmeric powder!

So now you may wonder what is so special about this golden root and how does it make my face flawless? Turmeric is known for its anti-bacterial and anti-inflammatory properties. Those suffering from acne scars or rosacea will reap the benefits from this yellow substance! Read on and find out how you can use turmeric for your skin troubles.

1) Sun Damage

We all have to be out and about daily, so it comes to no surprise that you might get a little burnt. Turmeric prevents UV and harsh sunlight from absorbing into our skin and aids in skin regeneration which means say goodbye to those pesky sunburnt patches on your face.

2) Acne Scars

Anyone that has ever had to deal with acne knows the pains of having scars on their faces and the amount of work that goes into clearing them. Turmeric helps to fade scars while controlling acne from popping up. This is the work of both its healing and anti-inflammation properties. If you are still having issues reducing your acne, we may have found your saving grace!

3) Rosacea

Those suffering from rosacea, rejoice! While rosacea has no cure as of yet, it can be controlled. Turmeric has been used to calm down redness and irritation for decades and you can easily find any forums that have people swearing by this. Its anti-inflammatory properties calm down the redness while keeping those tiny red pimples at bay! Go on and start slapping some paste on your cheeks!

4) Aging

Obviously, we all age and there is no way of stopping how our body reacts to it but we can have some control over how obvious the lines appear on our faces. Turmeric helps in cell regeneration. What this means is that it promotes cell growth which in turn keeps your face smooth and supple. It retains the elasticity of your skin and will therefore reduce those aging lines from even making its way onto your face.

5) Colour Correction

It's not a CC cream substitute. It's better than that! This all-natural herb corrects your skin tones and heals pigmentation. After a while, you will notice your skin tone even out. Plus, since it's natural you never have to worry if there's any bleach in it.

6) Natural Exfoliation

Our skin is constantly exposed to everyday chemicals and pollutants so it's a no-brainer that by the end of the day, our face picks up a lot of dirt. Turmeric has anti-bacterial properties as well so it helps clean your skin while removing stubborn dirt and unseen germs on your face! It will unclog your pores as well so that you get that all-rounded squeaky-clean feel.

7) pH Balancing

Those that have troubles with oily skin will find that turmeric is able to control sebum production! On the other hand, those that have cracked pavement as skin will find solace in the herb's natural moisturizing properties. It locks in moisture and helps your skin absorb more water giving you that fresh, smooth face.

8) Dark Circles

We all agree that pandas can pull off that whole dark circle. We, humans however, would rather stick to looking like we got that whole 8 hours of beauty sleep. Turmeric around the eyes will provide relief and keep the skin fresh and moisturized. It will soothe your eye bags and clear those dark circles.

9) Dry Feet

Its antiseptic properties will stimulate healing and cell growth. This will help wounds and burns heal faster and reduce scarring in the process. Plus, it even works on cracked heels and dry feet! It exfoliates the dead skin accumulation and at the same time moisturizes your feet.

10) Lighten stretch marks

Our skin stretches and grows with us so it is absolutely normal for everyone to have stretch marks. However, some stretch marks tend to grown out of hand and can seems like surgical scars especially during and after pregnancy. Turmeric's healing properties will reduce the severity of the marks and will promote the skin's regeneration to fade it out.

While there are only 10 mentioned in this article, there are also numerous other benefits of turmeric for your body and general health but we are going to focus on how to keep your skin at its best. It is safe to say that most of us have multiple issues mentioned above and it gets incredibly daunting to keep trying product after product to see what does not set our skin on fire. Here is a tip: Go Natural!

Ayurvedic products are the best as they are all natural and have been around for hundreds of years. Now, you need not take go to markets and search for herbs and oils, instead invest in Himalaya's Neem & Turmeric product range. It is basically a 2-in-1 goodness! Neem is known for its healing properties and combined with the infamous turmeric; you are basically getting a one-way ticket to perfect skin!

Plus, their products are easily available at any local drugstores at an affordable price! You do not need to be spending hundreds on skin care products that have questionable ingredients. It is much safer and healthier to provide your skin with natural alternatives rather than man-made chemicals that may or may not work for you.