



9 ways to remove age spots

NATURALLY

UNLOCK THE SECRET TO NATURAL
SKINCARE WITH RELUMINATE BEAUTY

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Hi! I'm

Loretta

reluminatebeauty Founder



I'm Loretta, the face behind reluminate beauty (formerly known as rawbeauty skincare)! I started this small Aussie business out of a mission to find a solution for my son's severe eczema. After discovering the toxins in commercial skincare, I began making my own natural body products at home. The success they had on my son's skin and my passion for powerful natural ingredients led to the creation of reluminate Beauty.

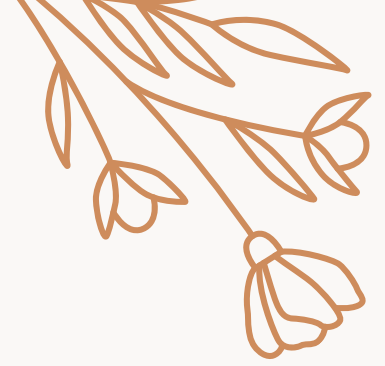
Our Award-Winning Kakadu Plum Facial Cream, rich in natural vitamin C, became our best seller and propelled reluminate beauty's success. We now offer a range of Award-Winning products specifically designed for mature skin, including a natural shampoo and conditioner.

Many companies neglect mature skin, but I believe in nurturing and embracing beautiful, healthy skin at every age. That's why our philosophy is to use pure, natural ingredients without any nasties like parabens, sulphates, artificial colors, or synthetic fragrances. We are proud to be vegan, cruelty-free, and environmentally conscious in our packaging.

At reluminate beauty, we want you to look and feel your best, naturally!

♥ Loretta

Remove Age Spots Naturally



Have you noticed an increase in flat, brown spots on your face, chest, hands, or body?

These spots, commonly known as age spots, liver spots, or hyperpigmentation, tend to become more prominent as we age.

Although age spots are generally harmless, many women, myself included, find them unattractive and would prefer not to have them. However, if you have irregular, dark spots that are changing in size, color, or texture, it is advisable to consult a doctor.

Individuals with fair skin and prolonged sun exposure are more prone to age spots. While our natural hormones keep them at bay when we're younger, as we age and our hormone balance shifts, brown spots may start to appear. Unfortunately, once they develop, age spots tend to persist unless treated.

The good news is that you can naturally lighten brown spots without resorting to toxic chemical treatments. Additionally, practicing sun safety measures can help prevent their recurrence.

It's important to note that age spots take years to form, so fading them will likely require patience and consistent effort. Give one of the remedies below a try for a few months, and if you don't observe any improvement, you can explore another option.

9 Ways To Remove Age Spots Naturally



1. Aloe Vera Gel

Apply aloe vera juice or natural aloe vera gel directly to the dark spots for 30 minutes in the morning and evening. Rinse off with lukewarm water and finish off with your favourite moisturiser.

Aloe vera is commonly used to treat a number of skin ailments, including age spots.



2. Apple Cider Vinegar

Mix equal quantities of apple cider vinegar and water in a bowl. Stir well and apply on the dark spots. Rinse with lukewarm water and finish off with your favourite moisturiser.

Contains natural alpha hydroxy acids, known to help lighten sun and age spots.



3. Caster Oil

Morning & night apply a little castor oil directly onto the age spots and massage into the skin for a minute or two until absorbed.

Contains compounds that can help fade the appearance of age spots, leading to a smoother and more uniform complexion.



4. Lemon

Cut a slice of lemon and gently apply on the spots for 10 minutes, morning and evening. If you have sensitive skin combine 1 tablespoon of lemon juice and 1 tablespoon of water, dip your cotton bud and apply it to the skin. Rinse with lukewarm water and finish off with your favourite moisturiser.

The citric acid in lemon juice is a natural bleaching agent and exfoliates the skin, reducing the appearance of age spots.



5. Paw Paw

Mash ripe papaya in a bowl and apply on clean skin where the spots are. Apply in a gentle, circular motion for added exfoliation.

Has enzymes and alpha hydroxy acids which can help exfoliate your skin brighten yours skin and reduce age spots.



6. Sandalwood

Massage a drop of pure sandalwood essential oil directly onto the age spots. Sandalwood is the hero ingredient in our Lavender & Sandalwood body wash & Sandalwood cleansing bar.

Known to have anti-aging properties, and is often used to reduce the appearance of age spots.



7. Watermelon Rind

Watermelon is delicious and packed with nutritional goodness. And now there is a good use for the rind! Watermelon can brighten skin and fight age spots. Rub the rind of a watermelon on your age spots and then wash away with lukewarm water. Finish off with your favourite moisturiser.

There is a good use for the watermelon rind! Watermelon can brighten skin and fight age spots.



8. Cucumber Juice

Crush cucumbers and place on your face for 10 mins before rinsing off with lukewarm water. Finish off with your favourite moisturiser.

Cucumbers have bleaching properties which will lighten age spots.

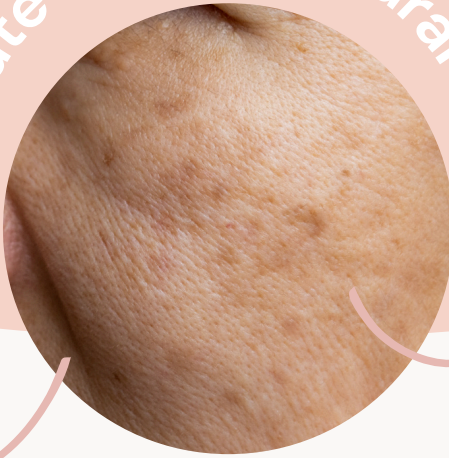


9. Olive Oil

Morning & night apply a little olive oil directly onto the age spots and massage into the skin for a minute or two until absorbed.

Has a plethora of uses with one being a great skin nourisher. It is also high in vitamin E, which also gets rid of age spots


Reluminate Beauty Natural Skincare



Powerhouse natural ingredients including Kakadu Plum & Bakuchiol

Natural Skincare that fights pigmentation & sunspots

reluminatebeauty.com.au

Topical creams and serums are also effective in the treatment of dark spots and in the prevention of further development of age spots. We have a natural solution....without the nasties 



Kakadu Plum

Skincare containing antioxidants, such as Vitamin C help to revitalise the skin. Vitamin C works to brighten and reduce the appearance of hyperpigmentation, dark spots, age spots and sunspots. Kakadu Plum has highest recorded levels of Vitamin C of any fruit in the world, and vitamin c has been shown to be helpful in reducing dark spots and uneven skin tone.

[FIND OUT MORE](#)

Bakuchiol

Bakuchiol works to enhance your skin complexion and radiance. It deeply diffuses into the skin cells to reduce the appearance of dark spots and hyperpigmentation. When applied topically, bakuchiol deeply penetrates the skin cells, working at a cellular level to address uneven skin tone.

[FIND OUT MORE](#)





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