

Published based on [How to reduce Stretch marks](#)

# How to reduce Stretch marks

They happen in women and men experiencing fast growth such as teenagers hitting puberty and happen in blokes that drink lots of lager since they gain exorbitant weight in that specific area which is strained due to lager drinking and absence of exercise. Thus both ladies and men would like to reduce the appearance of fresh red skin stretch mark before they become permanent white stretch marks.

### [Get Rid Of Stretch Marks Fast](#)

There are various solutions to the reduction of skin stretch mark and it usually is simple to handle and can be reduced inside a few days or even weeks depending on how effective your choice of treatment is. A variety of natural and surgical treatments exist to those who want to remove skin stretch mark. One being the effective but slow methodology of cream massaging onto stomach on a day-to-day basis even 2 times a day thru repeated circular motions can help reduce the appearance of skin stretch mark.

The creams range all the way from Emollient cream to Bio cream which are both useful in making collagen on the gut in order to bring back elasticity to the belly and stop the appearance of skin stretch mark. Those creams that are employed should not only be loaded in Vitamin A & E but also be full of zinc and essential herbs and nutrient elements to take on the whole depth of the stretch marks. It is essential that a skin specialist is consulted before any over the counter cream is acquired so as to ensure that stretch marks are fully forestalled from happening and are even healed.

Also those wish to turn to more quicker and extreme steps can see a surgeon. A surgical treatment of the skin stretch mark can then be undergone. The surgical treatment will focus on entirely getting rid of the stretchmarks thru an intensive surgical process and may make sure the removal of the stretch mark but with some after results or cause the skin stretch mark to fade up to a degree.

However laser treatment is also another good form of treatment that may cause the stretch marks to vanish but up to a point with more stretch-marks appearing if it the treatment isn't totally up to par with standard procedural standards. Those 2 forms of treatments may be useful however in the removal of the skin stretch mark in the longer term. They can also be trouble free and ergonomic compared to most lotions and creams.

### [Fade Stretch Marks Pregnancy Stretch Marks](#)

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