

Published based on [Natural methods of stretch marks treatment](#)

Natural methods of stretch marks treatment

The natural methodology of **stretch marks treatment** is gaining massive popularity all around the globe. In comparison to the cosmetic systems of stretch marks treatment, these strategies are less expensive and don't produce any complications. One such system of treatment uses cocoa butter to moisturize the skin, mend skin damage and restore skin flexibility, so eliminate stretch marks.

You may use a stretch mark removal home cure of the application of a non greasy mix of Aloe vera gel mixed with a few drops of lavender oil. You may lighten your stretch marks by the application of a mixture of Aloe vera gel and lime juice. Massaging Vitamin E oil daily on the affected areas is also an effective stretch mark removal home cure.

[Get Rid of Stretch Marks](#) - by **Exercise and Diet**

You should also follow a sensible exercising regime to **get rid stretch marks** off your skin. Exercise like abdominal crunches, lunges and leg lifts helps to tighten up your body and re tighten the skin, thereby getting rid of stretch marks. To get rid stretch marks off fully, you'll also need to follow a good diet. Your diet should ideally contain tons of leafy green vegetables.

You should ideally have a plentiful supply of nuts and berries as they are rich in Vitamin A, Vitamin E and zinc which helps to retain the skin pliability and mend injured skin tissues. You need to also drink masses of water so as to keep your skin hydrated from within.

Pregnancy Stretch Mark Cream - Effective Remedy

Stretchmarks which are a typical complaint of pregnant women can be handled by utilizing pregnancy stretch mark cream. Most of the commonly available pregnancy stretch marks creams contain Vitamin E improved with alpha hydroxy acids. You can also use home made creams to treat stretch marks. One such cream can be made by heating a mix of a half cup of cocoa butter, 1 tablespoon of wheat germ oil and 2 teaspoons of rasped beeswax until it has softened. Applying the cool mix to the stretch-marks on a regular basis will produce dazzling results.

[How to Reduce Cellulite](#) [Get Rid of Cellulite](#)

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