

# How to Get Rid of Stretch Marks

Having stretch marks can lower the self esteem of people. It is often seen as something ugly, or at least unaesthetic. That is why countless people type in “how to get rid of stretch marks” in internet search engines to discover how to solve this issue. In this essay, we will focus on practical ways of making stretch marks disappear by various methods: consuming more Vitamin A, using a sugar scrub, employing aloe vera, taking hyaluronic acid through capsules, and applying coconut oil.

Getting stretch marks out by consuming vitamin A seems like a stretch, but it is a home remedy that is trusted. In fact, a lot of issues we have can be solved by the intake of more vitamins. According to Healthline, “Vitamin A is referred to as a retinoid. Retinoids make skin appear smoother and more youthful. They’re used in many over-the-counter topical cosmetic creams. Simply using a topical extract of vitamin A, or taking vitamin A orally, can contribute to your skin’s health and overall appearance” (“5 Home Remedies for Stretch Marks”). Therefore, you should be on the lookout for products and foods that contain ample amounts of Vitamin A to make your skin return back to normal.

Another surprise is that sugar can aid in getting rid of stretch marks. Though this substance is usually thought of as something harmful to our health, using a sugar scrub on the marks can be of great benefit. According to Perfect Body Mate, “Mix two tablespoons of natural white sugar with some almond oil. 1. Apply it on areas of stretch marks for a few minutes. 2. Let your skin absorb for 5 minutes. 3. Rinse it off with warm water or take a warm shower. Continue this for at least a month to see your stretch marks fade away” (“17 Simple Ways to Get Rid of Stretch Marks (Fast)”). Sugar has great exfoliating properties that should not be missed when trying to remove your stretch marks.

Another natural remedy for stretch marks is aloe vera. There are so many choices for consuming aloe vera in the form of drinks, capsules, and of course from the plant itself. As stated by Healthline, “While little clinical evidence exists for aloe vera as a stretch mark cure, pure aloe vera is both a natural healing agent and a skin softener. This makes it an ideal home remedy to try for stretch marks. Apply pure aloe vera from a plant to your stretch marks daily after your shower” (“5 Home Remedies for Stretch Marks”). Since there has not been so much testing on the direct relationship between aloe vera and the removal stretch marks, it is best to combine this method with another one.

The next aid sounds a bit technical, but research has shown that hyaluronic acid can help reduce stretch marks and even prevent them. It has more evidence than aloe vera as a solution. According to The American Academy of Dermatology, “In two large studies, applying hyaluronic acid to early stretch marks made the stretch marks less noticeable. Researchers have found that products containing centella or hyaluronic acid may help prevent stretch marks. Centella is an herb, and our skin naturally contains hyaluronic acid” (“Stretch Marks: Why They Appear and How to Get Rid of Them”). So, this compound might be the most scientifically proven way of removing stretch marks.

A home remedy that has been popular for a variety of skin issues for eons is coconut oil. According to Healthline, “Since stretch marks are scarring from skin damage, coconut oil might help heal the appearance quickly. Coconut oil has been studied for its healing properties and was found in rats to reduce the time it takes for skin wounds to heal. Applying virgin coconut oil to your stretch marks each day might take away some of their red appearance” (“5 Home Remedies for Stretch Marks”). It is a safe and natural aid for getting rid of stretch marks.

All of these solutions are readily available to people to remove stretch marks: taking Vitamin A, employing a sugar scrub, using aloe vera, ingesting hyaluronic acid through capsules, and using coconut oil. All these methods and more are viable, but it is best to check with your doctor about the best ones according to your condition, allergies, and medical past.



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