

《腋下黑不敢穿吊带？这些方法帮你有效缓解尴尬!》

Dark underarms can be a turnoff and sometimes may cause some concern.

腋下发黑很令人讨厌，有时候可能会引起某些担忧。

However, this skin condition is natural and could be caused by several reasons, including accumulation of dead skin cells, shaving and sweating.

然而，这却是自然的皮肤状况，可由多种原因引起，包括角质细胞堆积、剃毛和出汗。

Rather than be dismayed, there are helpful tips for lightening your underarms. These are seven natural remedies for getting rid of dark underarms:

与其沮丧难过，不如采取以下这些有用的小贴士来减轻腋下黑的现象。这是几个去除腋下黑的天然无危害的补救措施。



Tea Tree Oil

茶树精油

A proven cure for dark underarms, tea tree oil performs two functions, lightening dark underarms and keeping them odour-free. Tea tree oil also contains anti-microbial properties that keep the underarms free from bad odour.

一种经过证实可以治愈腋下黑现象的方法，茶树精油有两个功能，即减轻腋下黑和去异味。茶树精油还具有抗菌作用，能去除腋窝异味。

To apply, mix some tea tree oil with water in a spray bottle and spray. Repeat this process multiple times for effective results.

将茶树精油兑水加入到喷雾瓶中就可以使用。务必重复多次使用此法，以取得有效结果。

Lemon juice

柠檬汁

A well known natural bleaching agent, lemon juice contains a high concentration of citric acid that removes dead skin cells from the underarms, lightening it over a period of time.

柠檬汁含有高浓度的柠檬酸，是众所周知的天然漂白剂，可以去除腋下角质细胞，过一段时间就可以减轻腋下黑现象。

Cut lemon slices, gently scrub your underarms with them, and leave on for up to 10 minutes before rinsing off with cold water.

切几块柠檬片，用柠檬片轻轻擦洗腋窝，并将其放在腋窝上至少十分钟，再用冷水冲洗。

Repeat this process up to three times weekly.

重复这个过程至少每周三次。

Aloe Vera

芦荟

Aloe vera is well known for its antibacterial properties that help soothe and lighten the

skin. Take a fresh leaf of aloe vera, cut and extract the gel.

芦荟因抗菌功能而出名，可以舒缓和紧致肌肤。取一片新鲜的芦荟叶，切开提取凝胶。

Massage the aloe vera gel onto your underarms and leave to dry for up to 20 minutes, then rinse off with lukewarm water.

用芦荟凝胶按摩腋下，晾20分钟再用温水洗净。

Repeat this process multiple times.

多次重复此过程。

Apple vinegar cider

苹果醋

Easily found in the kitchen, apple vinegar cider help with lightening dark underarms.

很容易在厨房找到，苹果醋可以减轻腋下黑现象。

Loaded with amino and lactic acids, this natural remedy helps remove dead skin cells. It also contains astringent properties that unclog the pores smoothing the armpit area.

富含氨基酸和乳酸，这种天然补救方法可以去除角质细胞。它还有收敛功能，可以疏通毛孔让腋窝皮肤光滑。

Dilute apple vinegar cider with water. Soak a cotton ball in it and dab gently over your armpit area, leaving for up to 10 minutes, then rinse off with lukewarm water.

加水稀释苹果醋。用海绵球蘸苹果醋，轻快地擦洗腋窝。十分钟后用温水洗净。