



# Simple DIY Turmeric Armpit Mask

This simple DIY turmeric armpit mask not only detoxes and lightens, it also smooths underarms and removes underarm hair. Plus it's budget-friendly!

## Ingredients

- ♥ 1 tablespoonful Ground Turmeric
- ♥ 1 teaspoonful Apple Cider Vinegar
- ♥ 1 tablespoonful Raw Honey, warmed
- ♥ About 1-2 teaspoonfuls Milk (to remove stains)
- ♥ Antibacterial body spray with aloe vera (optional)

*This recipe makes about 1/2 ounce.*

## Directions:

1. Mix the turmeric powder with the apple cider vinegar and honey in a small glass bowl. Mix it well until it achieves a paste-like consistency.
2. Use clean hands to spread a thin layer on each armpit. Let the turmeric armpit mask sit for approximately 15-20 minutes.
3. Rinse with warm water, using a soft, wet washcloth.
4. If the turmeric powder stains your skin yellow, apply the milk to a cotton ball and swipe all over the stained skin.
5. After drying my armpits, I like to use an antibacterial body spray with aloe vera to soften, soothe and nourish my skin. This is totally optional, but it helps with the detox process and it's great for your skin!
6. Repeat mask twice a week for lighter, smoother and hair-free underarms.

## What to Do if This Turmeric Mask Stains Your Skin:

If you notice discoloration after using this mask, you can always use a milk-soaked cotton ball to go over the discolored skin or wash your armpits again.

To minimize the chances of the turmeric staining your skin, apply a thin layer — the more turmeric you use, the higher the chances of your skin being stained.

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