

# Apple Cider Vinegar For Postpartum Skin And **Hair Problems**



Reducing acne

- Dilute one part ACV with three parts of water.
- Apply to the affected area with a cotton ball soaked in the diluted ACV.
- Leave for ten minutes and wash off with water. Use twice daily for a few days.



Lightening dark spots and marks

- Mix equal parts of ACV and water and apply to the affected area.
- Leave for five minutes and wash off with lukewarm water.
- Repeat twice daily.



Strengthening hair

- Add about 4tbsp of ACV to 500ml of water.
- After regular shampooing, rinse your scalp with the diluted ACV.
- Let sit for a minute or two and rinse off with water.

## Reference

1. Skin and Hair Problems After Baby? Here's the Solution; Augusta Health