

---

# 7 Surprising Uses of Turmeric Skin Benefits

## 1 Helps Wounds Heal Faster

### 1.1 DIY Turmeric Healing Paste

#### 1.1.1 Ingredients

- ½ tsp pure turmeric powder
- 1 tsp raw honey
- ½ tsp aloe vera gel

#### 1.1.2 Instructions

- Mix all ingredients into a smooth paste.
- Spread a thin layer to the affected area.
- Leave on for 20–30 minutes.
- Rinse off with warm water and pat dry.
- Use once daily for minor cuts or irritation.

## 2 Soothes Radiation Skin Damage (Radiodermatitis)

### 2.1 DIY Turmeric Aloe Vera Soothing Paste (for mild discomfort)

#### 2.1.1 Ingredients

- ½ tsp pure turmeric powder
- 1 tbsp aloe vera gel

#### 2.1.2 Instructions

- Mix ½ tsp pure turmeric powder with 1 tbsp aloe vera gel.
- Apply a thin layer to clean, dry skin.
- Leave on for 10–15 minutes.
- Wash with cool water.

- 
- Use once daily.

## **3 Soothes Chronic Itching (Pruritus)**

### **3.1 DIY Remedies for Itchy Skin**

#### **3.1.1 Turmeric-Coconut Oil Paste**

- Mix ½ tsp turmeric with 1–2 tsp coconut oil.
- Apply to itchy area for 15–20 mins, then rinse gently.

#### **3.1.2 Turmeric-Yogurt Mask**

- Combine ½ tsp turmeric with 1 tbsp plain yogurt.
- Leave on skin for 10–15 mins.
- Wipe off with cool water.
- It's not a cure but can give relief for mild to moderate itching.

## **4 Fights Dandruff and Reduces Hair Loss**

### **4.1 DIY Turmeric Hair Mask**

#### **4.1.1 Ingredients**

- ½ tsp turmeric powder
- 2 tbsp aloe vera gel or coconut oil

#### **4.1.2 Instructions**

- Mix ½ tsp turmeric powder and 2 tbsp aloe vera gel or coconut oil.
- Apply to scalp for 15–20 mins.
- Wash off with mild shampoo.

## **5 May Support Skin Tone in Vitiligo**

### **5.1 DIY Remedy (Traditional Use)**

---

### 5.1.1 Ingredients

- ½ tsp pure turmeric powder
- 1–2 tsp mustard or coconut oil

### 5.1.2 Instructions

- Mix ½ tsp pure turmeric powder with 1–2 tsp mustard or coconut oil.
- Apply to patches for 20–30 minutes, then rinse.
- Use twice daily, ideally after light morning sun (5–10 mins).

## 6 Protects Against Photoaging

### 6.1 DIY Turmeric Face Mask for Photoaging

#### 6.1.1 Ingredients

- ½ tsp pure turmeric powder
- 1 tbsp plain yogurt
- ½ tsp aloe vera gel
- Optional: 1 tsp green tea or honey

#### 6.1.2 Instructions

- Mix all ingredients into a smooth paste.
- Apply a thin amount to clean face. Avoid the eyes.
- Leave it on for 10–15 minutes.
- Rinse off with warm water and pat dry.

## 7 Helps Treat Oral Lichen Planus (OLP)

### 7.1 DIY Turmeric Rinse (for mild cases)

#### 7.1.1 Ingredients

- ½ tsp turmeric
- Warm water

---

### 7.1.2 Instructions

- Mix ½ tsp turmeric with warm water.
- Swish in the mouth for 30–60 seconds.
- Spit and rinse well.
- Use 1–2 times daily.