

How shaving your armpits WITHOUT water can make your skin darker – but you can fix it with lemon juice



WE'VE all been there – you've had a last-minute change of heart and decided to throw on a strappy top which runs the risk of exposing your stubbly armpits to everyone.

So what do you do? Grab that old razor and quickly swipe it under each arm. Sorted.

Dark skin under your armpits are usually caused by deodorant, shaving the skin while it's dry and using dull razors.

Well it turns out this chain of events (which happens more often than we'd care to admit), could actually be making the skin under our arms darker.

Speaking to Refinery29, dermatologist **Dr Sheel Desai Solomon** explained that shaving dry skin with a dull blade make the skin darken over time.

What's more, this combination also makes armpit hair go back thicker which makes it even harder to tackle long-term.

In order to lighten the skin under your armpits, the dermatologist recommended making an at-home chemical exfoliator.

Lemon juice works as a lightening agent and can be used with aloe vera to combat the dark skin[/

She said: "Take one tablespoon of lemon juice (which works as a lightening agent), one tablespoon of aloe vera and mix them together.

"Apply this mixture on the armpits and leave for 10 minutes, then wash off normally."

The combination of the acidic, lightening lemon juice and soothing aloe vera promises to lighten armpit skin with regular use.

Dr Solomon added: "Aloe vera is rich in moisturising and anti-inflammatory properties and it contains the depigmenting element aloin."

How to prevent dark armpits:

- Dr Solomon recommended treating your armpit skin similarly to your face. In other words, avoid products which will irritate the skin and use deodorants without alcohol, aluminum or fragrance as dull razors can cause the skin to darken, laser hair removal is another way to avoid shaving yet still have smooth pits.

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