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**How to Remove Liver Spots Naturally**

by WALT PICKUT Last Updated: Nov 08, 2015



Liver spots and age spots are the old fashioned names for highly pigmented skin blemishes caused by years of sun exposure. The medical name is solar lengtigines. Many time-tested, natural remedies are popular, but skin care experts at Home Remedies.com say prevention is better than cure. Follow this rule to keep your spots from coming back after the natural liver spot remover does its job. Apply sunscreen any time you go outdoors. Solar lengtigines can rarely transform into melanoma, a kind of skin cancer. Show your doctor any darkly pigmented skin spots before applying a remedy.

**Step 1**

Grate, or chop finely in a food blender, fresh horseradish. Press it through cheese cloth or strain it to extract fresh horseradish juice.

**Step 2**

Squeeze and strain fresh lemon juice.

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**Step 3**

Mix 1 tsp. of your fresh horseradish juice with 1/2 tsp. lemon juice, 1/2 tsp. apple cider vinegar and 3 drops of rosemary essential oil.

**Step 4**

Dab this mixture on your liver spots with a cotton swab. Apply the moistened swab to the dark spot with adhesive tape and leave in place for at least 30 minutes.

**Step 5**

Remove the swab after 30 minutes, rinse the area with warm water and pat dry.

**Step 6**

Apply a moisturizing cream to the treated spot after each application.

**Step 7**

Repeat Steps 4 through 6 every morning and evening until you see your liver spots lighten to the skin tone you want.

**Warnings**

* Dermatologists at the Cleveland Clinic and the Mayo Clinic warn that blemishes which may appear to be liver spots can actually be cancerous melanomas. Never self-diagnose a pigmented skin spot. Always show it to your doctor before applying any natural remedy or over-the-counter cure.

**Tips**

* You can use hypoallergenic, medical paper tape if you have especially sensitive skin. A mild irritation may be made worse by plastic or cloth adhesive tape.
* You may make a larger volume of this natural remedy for future use as long as you maintain the same proportions. Refrigerate any unused portions in a sealable refrigerator container between applications.

**Things You'll Need**

* Raw horseradish
* Lemon juice
* Apple cider vinegar
* Rosemary essential oil
* Grater or food blender
* Tea strainer or cheese cloth
* Sealable refrigerator container
* Cotton swabs
* Adhesive tape
* Skin moisturizer

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