Five DIY Natural Psoriasis Remedies

by LARA WYATT

Recipes for Natural Psoriasis Remedies

If you're anything like me, you've forked out plenty of money on any type of product that even mentions the potential of being able to calm and treat psoriasis.

Many of the lotions and potions I've experimented with have worked for me, others not so much. However, I've always thought about creating my own natural psoriasis home remedies would be not only cheaper but also fun and rewarding.

Here are five remedy recipes I've unearthed in my travels, ready to try. Keen to join me on the journey?

Anti-Inflammatory Turmeric Bombs

First up we've got these funky little turmeric supplements. Over on Empowered Sustenance's website, I found this interesting recipe for little balls of turmeric supplements. Turmeric is well known for its anti-inflammatory properties, and since psoriasis is an inflammatory skin disorder, these bombs are worth a try!

Empowered Sustenance has two variations: turmeric and honey, and turmeric and coconut oil. There are various reasons for these two variations, including the coconut oil one being sugar-free, and the honey one being easy to swallow.

You can learn how to make anti-inflammatory turmeric bombs over on the Empowered Sustenance website now.

Shea Butter Remedies

For this gem, you get three recipes in one! All of these treatments incorporate shea butter and its incredible amount of moisture. It's a fantastic ingredient when it comes to locking in moisture and treating dry patches of psoriasis. The more natural, chemical-free moisture you can get on your body during times of psoriasis flare-ups the better.

Over on I Love Shea Butter's website, and there are three beautiful recipes for shea butter remedies. There's one for a healing lotion, one for a scalp psoriasis treatment, and one for a cooling cream. All of them sound very dreamy, and use gorgeous ingredients like aloe vera, shea butter, rose water, and lots more.

To have a go at making your own shea butter treatments, head to I Love Shea Butter now and give their recipes a go.

Handmade Neem Balm

Neem oil is a type of oil that has its origins from the fruits and seeds of the neem tree. It's often used in the

treatment of skin conditions like acne, and you'll usually find it in cosmetic products like soaps or hand creams.

Over on Lovely Greens, Tanya shares a recipe for a handmade neem balm that she says is good for eczema and psoriasis relief. It uses neem oil alongside essential oils and different types of butter to provide a product that's made for moisture. It uses lavender, so it's bound to smell stunning as well.

You can find the recipe for this luscious-sounding balm over on Lovely Greens' website.

Eczema Skin Salve

Although it doesn't say psoriasis specifically, I have found that eczema remedies can help my psoriasis in the early days of a flare-up. I found this wonderful-sounding eczema salve recipe from Fabulous Farm Girl and thought it sounded like it had all the makings for a quality treatment.

This one features the trusted coconut oil, as well as plenty of essential oils (everything from lavender to frankincense). It's also got avocado oil (who doesn't love avocado?), and beeswax. This one's quite ingredients heavy, but it looks incredible. I'm going to be giving this one a whirl.

If you want to have a go as well, head to Fabulous Farm Girl's website now.

Pine Tar Soap

Another tried and tested ingredient: pine tar. It's been used in soaps and ointments for an incredibly long time, and it's very well known for its potential to assist with skin conditions, including, but not limited to, eczema and psoriasis.

Pine tar is one of those ingredients that has quite a significant smell that many people either love or hate. I, for one, am a lover of the scent of pine tar, so this soap recipe from The Spruce Crafts sounds right up my alley.

Alongside the pine tar, it also incorporates olive oil, sugar, and essential oils. Perhaps the lavender essential oil smell will help to balance out the pine tar smell for those who don't like it. You never know until you try.

The photograph of the finished result makes it look a bit like a chocolate brownie, so make sure you keep it in the bathroom and not in the kitchen. It might give someone a bit of a shock if they took a chunk out of it!

If you want to try The Spruce Crafts' recipe for pine tar soap, head over to their website now.

It looks like I've got a bit of a shopping list on my hands now to make sure I have all the ingredients ready to get started trying out these recipes. The hardest part will be deciding which one to try out first! Which one will you try?