

# Benefits of Turmeric for the Skin

There are a number of ways that turmeric can benefit your skin in terms of anti-inflammatory, anti-microbial, and antioxidant properties.

## 01 Skin Disease

Turmeric can aid in the treatment of eczema, psoriasis, acne, and wound healing.



## 02 Pigmentation

Turmeric contains curcumin, an antioxidant, and anti-inflammatory that can lighten pigmentation.

## 03 Dry Skin

It aids in the healing and prevention of dry skin.



## 04 Anti-aging:

Turmeric has anti-aging properties and is used to reduce wrinkles, keep skin smooth, and increase skin elasticity.



## 05 Acne

Turmeric helps prevent acne breakouts and heals existing acne.

