

15 Unusual Uses of Baking Soda – Every Woman Should Know!

Who doesn't have baking soda at home? Pretty sure, no one. Nowadays, lots of tricks and tips about regular household items, aside from their intended uses, turn out to be very helpful for many other purposes. Baking soda for instance, aside from baking, has a ton of different other uses. In this article, 15 of the most popular ways every woman should know about baking soda will be revealed. Check out below.

HERE ARE 15 OF THE MOST POPULAR WAYS YOU ARE NOT EVEN AWARE OF :

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- 1 .Natural deodorant: Instead of using commercial deodorants and antiperspirants which contain chemical properties that can cause you some serious health problems, try a pinch of baking soda mixed with a small amount of water. It's a natural deodorant.
- 2 .Insect bites: Prepare a baking soda and water paste and apply it directly to insect bites to stop the itching.
- 3 .Acidity: Baking soda works by immediately neutralizing stomach acid, helping to relieve heartburn, indigestion and even ulcer pain.
- 4 .Face cleaner: You can use baking soda and water paste to eliminate skin imperfections like wrinkles, blackheads and blemished skin
- 5 .Hair: You can use baking soda to clean your scalp and hair.

All you need to is to take a small squeeze bottle then combine baking soda and water at a 1 to 3 ratio together and mix well. Let the mixture sit for a few minutes on your hair, then wash it off using warm water.

6 .Stretch marks: Baking soda and water paste can be a very effective treatment to reduce visible stretch marks.

7 .Bad breath: Baking soda has a mild abrasive action that helps to remove plaque and polish, clean, and deodorize your teeth. Baking soda can be also ideal to combat bacteria that cause bad breath.

8 .Rough skin: Rub the baking soda and hot water mixture on the soles or heels or have your socks full of baking soda overnight and forget about this awful odor.

9 .Stains: You can also use baking soda to get rid of stains.

10 .The smell in the fridge: Combat the unpleasant odor by placing some baking soda in your fridge.

11 .Jewelry: Baking soda can also aid your tarnished jewelry to get back its previous shine. Make a thick paste of baking soda and water then rub it on the jewelry and then rinse .

12 .Abscesses: Make a paste, mixing both baking soda and water. Then, apply this paste to the abscess using a slightly damp cotton ball. Let it sit for 15 to 20 minutes.

13 .Sunburn remedy: To ease sunburn, add 1/2 cup of baking soda to lukewarm bathwater, then soak in the tub. One more thing to remember, rather than toweling off the excess baking soda when getting out, let your skin air dry for extra relief.

14 .Peas and bean softener: Get the peas and beans ready for cooking faster by placing them in water with baking soda.

15 .White teeth: For whiter teeth, mix several teaspoons of baking soda with lemon juice. Use a toothbrush and apply it to the teeth.