

ACV Benefits: How Apple Cider Vinegar Boosts Skin, Hair, and Wellness

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Apple cider vinegar (ACV), a time-tested natural remedy, has gained widespread popularity in recent years for its incredible benefits for skin, hair, and overall body health. Made from fermented apples, ACV is rich in **acetic acid, antioxidants, and essential nutrients** that help detoxify the body, balance pH levels, and promote wellness. From fighting acne to aiding digestion, this humble kitchen ingredient has emerged as a versatile tool in the world of health and beauty.

Benefits of Apple Cider Vinegar for Skin and Hair

1. Treats Acne and Breakouts

ACV's natural antibacterial and anti-inflammatory properties help eliminate acne-causing bacteria and reduce redness and irritation. It also balances the skin's pH, controlling excess oil production.

2. Exfoliates and Brightens Skin

Rich in alpha hydroxy acids (AHAs), ACV gently exfoliates dead skin cells, revealing a smoother, brighter complexion. Diluted ACV can act as a natural toner to improve overall skin texture.

3. Reduces Scars and Dark Spots

Regular use may lighten scars, sun spots, and age spots by promoting skin renewal.

4. Soothes Sunburns and Irritation

ACV's anti-inflammatory properties calm sunburns and reduce skin irritation when applied as a diluted compress.

5. Fights Fungal Infections

It is effective against fungal infections such as athlete's foot or ringworm, thanks to its natural acidity.

6. Hair Health

ACV helps remove product buildup, reduce dandruff, soothe scalp irritation, and restore natural shine by balancing the scalp's pH.

Body and Health Benefits

1. Supports Digestion

ACV stimulates digestive enzymes, supports gut health, and reduces bloating and indigestion.

2. Aids Weight Management

By increasing satiety and supporting blood sugar balance, ACV can help with healthy weight management.

3. Detoxification and Immunity

It assists liver function, eliminates toxins, and strengthens immunity due to its antibacterial and antioxidant properties.

4. Regulates Blood Sugar Levels

ACV improves insulin sensitivity and helps prevent post-meal blood sugar spikes.

5. Promotes Healthy Skin from Within

Regular consumption can enhance skin clarity and elasticity by supporting internal detoxification and gut health.

How to Use Apple Cider Vinegar Safely

Topical Use: Always dilute ACV with water (1 part ACV to 3 parts water) before applying to skin. Conduct a patch test to avoid irritation.

Internal Use: Mix 1–2 teaspoons of ACV in a glass of water and consume once daily. Avoid drinking it undiluted as it can harm tooth enamel and irritate the throat.

Skin Toner: Mix 1 part ACV with 3 parts water, apply with a cotton ball, leave for 5–10 minutes, then rinse.

Hair Rinse: Mix 2 tablespoons ACV in 1 cup water, pour over hair after shampooing, leave for 2–5 minutes, and rinse.

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