

# How To Get Rid Of Spider Veins?

If you are wondering, **what causes spider veins?** We have an answer Veins are the blood vessels that take de-oxygenated blood back to the source AKA heart. The blood which circulates through them is beneath less pressure than vessels more confined to the heart, so the walls are not so thick than comparatively to the arteries. They also have valves at continuous intervals to restrict the blood from flowing the wrong way, and to aid venous return (the blood flow posterior to the heart). If these valves grow faulty, then the blood can flow backward and accumulate.



Varicose and spider veins or nu sort of vein deformation and problems can be seen anywhere on the body, but they likely to be more prominent in the legs around the ankle and calf. Spider veins likely to be present to the skin than varicose type, and often can develop on the cheeks and around the shoulder. They can incorporate both small and large areas. When these become expanded, thickened, or stretched, they display up through the skin as red, blue-gray, or purple colored. They can also be a reason for restless leg syndrome and ache. There are chances you can get [spider veins after varicose vein removal](#) to know more about them in detail keep on reading.

What triggers a spider vein?

**What causes spider veins** can be a number of analyses but are largely to do with sluggish circulation. The subsequent are all participating factors:

- Age.
- Standing or sitting for extended periods.
- Lack of physical activity.
- Indigestion.

- Wearing tight clothing.
- Overweight

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**Apple cider vinegar** - It is one of the best typical remedies for [spider vein removal](#). It calms inflammation of the veins certainly making a prominent change in period of 15 days. You can rub the vinegar or have a shot of it based on how bearable you find it to be.



**Witch hazel** - This is an added good natural solution to get relieved of the veins as it serves as a soothing and astringent narrowing the veins in the treatment. The active oils and tannins tighten the veins, cause a tremendous difference.

**Lemon** - Lemon oil works on the spider veins by stimulating the vein walls of the blood vessels. The lemon carrier oil can be blended with almond, coconut, or olive oil and rubbed nicely at least twice daily.

**Horse chestnut seeds** - The seeds have effective mixtures that restrain enzymes, which can be harming to the vein walls. They also increase the veins eradicating the webs of dead veins. A topical lotion having the active ingredient of horse chestnut can be used or the extracts can be exercised for the improvement of decent blood circulation.

**Mustard oil** - It works on the spider veins by promoting the flow of blood thus diminishing them. Drops of the oil can be blended with a carrier oil before practicing to affected areas.

Other general remedies that can serve excellent on the veins incorporate ginger. Lifestyle modifications can also help you get relieved of spider veins and they involve:

- Keeping a healthy weight and daily activities
- Refraining high heels, particularly those that are over 3 centimeters.

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