

Best 5 Natural Spider Vein Treatment Options

Spider veins are also known as telangiectasias are dilated veins that are located on the surface of the skin. As per experts at veintreatmenttx.com spider veins often go undiagnosed until their symptoms begin to surface. **What causes spider veins?** Well, vein specialists state that spider veins are a result of weakened valves in the veins. The damaged valves result in the swelling of the veins and thus lead to the development of spider veins.



The most common causes of spider veins are ageing, heredity, lifestyle, medications, pregnancy, constipation and off course stress. The symptoms such as itching, aching legs, restlessness, rashes, skin discolouration and ulcers on the skin make it easier to identify spider veins. People often tend to confuse spider veins with varicose veins. The two are different cases as spider veins are the result of a tangled group of blood vessels beneath the skin surface. Whereas varicose veins are the result of enlarged, swollen and twisted veins. [Spider vein treatment Houston](#) have found that the issue can be treated easily at home with natural remedies.

If you also suffer from the issue of spider veins, then this post is meant for you. Here is a list of some best natural remedies that aid in **spider vein removal**.

Natural remedies for treating spider veins

Spider Veins, like other diseases, requires treatment. The best way of treating spider veins is with natural remedies. Here are some natural, cost-effective means of treating spider veins.

1. Apple cider vinegar

Apple cider vinegar is the cure to several ailments including spider veins. The substance is said to enhance the blood circulation, which is considered to be the primary cause of **spider**

veins on legs. All you need to do is to wrap a cloth dipped in the vinegar around the affected area and keep for 20-30 minutes.



2. Witch Hazel

Witch hazel is known for its anti-inflammatory abilities and application of it on spider veins causes it to shrink. Witch hazel contains tannins and volatile oils which curb the inflammation of spider veins. In the treatment process, you need to soak a cotton pad in witch hazel and dab it around the spider veins and leave it for 20-30 minutes.

3. Massage Oils

One of the most efficient ways of treating spider veins is with the application of massage oils on the affected areas. The massage oils are known to improve the blood flow and lead to the fading of the spider veins. Massage oils also reduce the pain caused due to **heavy legs**.

4. Epsom Salt

Epsom salt has detoxifying and anti-inflammatory properties. The magnesium in the salt is known for treating inflamed spider veins and aids in diminishing its appearance.

5. Compress

Both hot and cold compression are known to remove clots, improve blood flow and reduce inflammation. All that you need to do is apply a hot or cold compress around the affected spider vein area. Compress is known as the [best treatment for spider vein](#).

So these are a few natural remedies for spider veins. For more information on spider veins, visit veintreatmenttx.com.