

Home Remedies For Itchy Breasts During Pregnancy



Apply a good moisturizing lotion containing cocoa butter, vitamin E oil, or aloe vera to your breasts and nipples.



Wear loose, breathable cotton clothes and invest in a good maternity bra.



Use mild, fragrance-free soaps and avoid scented perfumes or lotions.



Avoid hot showers or baths. Take lukewarm or cool showers for at most ten minutes.



Use a humidifier in your bedroom and a damp cloth on affected nipples.



Drink 6-8 ounces of water daily to stay hydrated and reduce dryness and itchiness.