

## Ice for Cold Sore Home Remedies

Cold sore home remedies are many and you just have to get a hang of them to know which one is best for you. Usually, home remedies are very efficient in relieving you of the condition but these remedies are not scientifically proven to be a hundred percent sure. However, millions of people all over world have used them and found help for this condition. Here we will discuss the use of ice as a home remedy that you can use to heal your condition.

Ice is supposedly the magic cure and is said to have a two way benefit. The first benefit is very lengthy and way too complicated. You can try using ice to stop it. By applying at this moment, you will get relief because the cool feeling will soothe the itch away and the temperature of the tissues of the sore will also decrease.

The second benefit of the ice is that it will act as a numbing agent. Being cold and that too of a freezing capacity, it will immediately cool the area of the cold sore and hence release effective relief. Thus through the cooling affected by the ice you can at one time get relief from the pain of the sore as well as its itch. Therefore ice is used as an effective part of home remedies which will help you cure your cold sores within a single day.