

**Chapter 1 : 8 Causes and Treatments of Bumps on Inner Thighs | New Health Advisor**

*East Oakland R&B standout singer/songwriter Rayven Justice is back to deliver the official visual for his latest hit single "Between Your Thighs," off his newest project Do It Justice.*

Pain and discomfort while walking  
**Common Thigh Rash Problems**  
**Cycling** The inner thigh rash problem may occur due to cycling. This is because inner thighs are the portions where the friction of skins happens during cycling. In fact, regular cyclists are very much aware and accustomed of this. It is also called as saddle sores. Inner thigh rashes due to cycling first appear as a hot spot in one of the thighs. The burning at this site of thigh is the best indication for stopping it right there. If this stage is ignored, the second phase comes wherein the rash becomes intense and turns into a condition called folliculitis. Folliculitis is marked by a bump or blister at the hair follicles and might be filled with pus. This is more irritating and painful. If the sufferer keeps on riding and ignores it, the rash enters into the final stage of large bump that is hot, swollen and highly tender. This may turn into abscess and seek strict surgical attention.  
**Jogging** Those who regularly jog or run may have inner thigh rashes. They have chafed skin because of cloth underwear, shorts or pants rubbing with inner thigh skin. The condition is common during summer more sweating and monsoon humid environment. This can be avoided by wearing loose clothes that breath and keeping that area hygienic.  
**Candida and other fungal infection:** The area of inner thighs and groin are moist and thus more likely to accumulate the colonies of microorganisms especially fungus. Some special types of yeast or fungus grow on the human skin and give rise to rashes and many other skin lesions. Especially during monsoon and summer one has to have this practice. Ringworm, candida, acne vulgaris are few conditions that could be associated with inner thigh rashes. The treatment depends upon the cause.  
**Nappy rashes** In infants or newborns, nappy rashes are common. Their inner thighs catch rashes due to nappies. In most of the cases, keeping the area hygienic and changing the nappies frequently solve the problem. In some cases, local antibiotic and anti fungal cream is applied as advised by pediatricians.  
**Sexually transmitted diseases STDs** These are rare but when occur bother the patient most. Genital herpes is one of such health ailments that can cause rashes on thighs. Herpes simplex virus genital herpes causes infection and brings other symptoms as well.  
**Pictures of Inner Thigh Rash**  
**Picture 1: Inner thigh rash due to Jock itch**  
Image source: Pink color rashes in Jock Itch  
Image source: If the rashes are due to eczema, following patter of treatment is practiced.  
**Steroids** Inner thigh rashes due to eczema can be treated using corticosteroids. This group of drugs help to reduce the inflammation of the skin and thus helps in alleviating itching. The only problem with this treatment is its side effects. Steroids, when used for longer duration may cause some unwanted consequences.  
**Anti-allergic drugs** Anti-allergic drugs are prescribed as traditional practice in dermatology. Antihistamines help minimize skin flare-up and thus reduce the redness. Nevertheless, their effects do not last long.  
**Hydration** For any skin ailment, hydration of the skin should be maintained. Some healthcare providers prefer prescribing moisturizing creams to treat inner thigh rashes. Vitamin D and retinoid creams are also helpful maintaining the good health of the skin. If inner thigh rashes are because of psoriasis, the line of treatment is different. Treatment for moderate to severe psoriasis case include following treatments.  
**Phototherapy** The light therapy is found useful treating this condition. The UV rays are used to slower down the production of dermal cells.  
**Retinoid** It is a class of drug associated with vitamin A. This component is used as an active ingredient in skin creams and gels to reduce the symptoms of psoriasis and thus help treat the inner thigh rashes. Nevertheless, retinoid can create severe side effects and hence is to be taken under strict medical supervision.  
**Immunosuppressant drugs** Drugs such as cyclosporine can help lessen the severity of psoriasis and thus fade the rashes and make them milder in color. Since this class of drugs are known to damage kidneys and affect blood pressure, strict medical supervision is required for this course of medication.  
**Homemade or Natural Remedies** The property of ascorbic acid is to heal the wound faster. Washing inner thighs with chamomile tea helps in reducing irritation and thus helps in treating rashes. Oatmeal bath can help curing inner thigh rashes. Apple cider vinegar is one of the trusted homemade remedies to treat allergic conditions such as inner thigh rashes. One of the most effective home remedies for inner thigh rashes is applying a mixture of vitamin E as cream and cod liver on the affected site. Application

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of olive oil soothes the skin and reduces the redness of the rashes. This might help reducing inner thigh rash symptoms.

**Chapter 2 : Hell Between My Thighs: Chasity's Storm by Angel Williams**

*Sensual love ballad, "Between My Thighs," written by Scenic Woods produced by J. Lacy.*

This problem even affects people who have fair skin. Obese people are more prone to having dark inner thighs than others because their thighs tend to rub against each other as they walk or exercise. Some common causes include friction or excessive sweating between the thighs, exposure to harmful ultraviolet UV sunrays, use of chemical-enriched products, side effects of certain medications, shaving or using other bikini hair removal techniques, a hormonal imbalance, polycystic ovarian syndrome PCOS or diabetes. In addition, the inner thighs are one of the most ignored body parts and people do not give much importance to their care.

**Advertisements** If you wish to brighten up your thighs to look good in your shorts and skirts, you can do it easily at home. There are many natural and safe ways to lighten the skin. Unless otherwise noted, use these remedies until you are satisfied with the result. Here are the top 10 ways to lighten your dark inner thighs naturally.

**Aloe Vera** Aloe vera has nourishing as well as antioxidant properties that help repair your skin and encourage skin rejuvenation. **Advertisements** Extract pure aloe vera gel from the leaf and massage it directly on the affected skin. Allow it to sit for 20 minutes, then rinse it off with warm water. Repeat once or twice daily for fast results. Alternatively, mix a few drops of almond oil in 2 tablespoons of aloe vera gel. Apply this mixture on your inner thighs and massage gently until it is absorbed into your skin. Wait 15 minutes, then rinse your skin with water. You can use this pack 2 times a day. Gently rub some plain yogurt on your inner thighs. Leave it on for 10 to 15 minutes, then rinse it off with lukewarm water. Use this simple treatment once daily. Apply it on the affected skin and allow it to dry. With a little water on your hands, gently rub off the pack. Rinse your thighs with warm water. Use this pack 2 or 3 times a week.

**Lemon** The acidic property of lemon works as a natural bleaching agent for dark skin. The high vitamin C content also encourages new cell growth and is very good for your skin complexion. Apply lemon juice to your dark inner thigh using a cotton ball. Leave it on for 20 minutes, then rinse it off with cold water. Repeat 2 or 3 times per week. Those who have sensitive skin must dilute the lemon juice with water. Alternatively, combine 1 tablespoon each of lemon juice and glycerin. Add 1 teaspoon of rose water and mix well. Apply this pack on your inner thighs before going to bed. Leave it on overnight and rinse it off with warm water the next morning. Do this once daily. As lemon can dry out your skin, apply a moisturizer after using these remedies. Avoid applying lemon on recently waxed or shaved thighs or if there are cuts.

**Oatmeal** To lighten the complexion of your dark thighs, regular exfoliation of dead skin cells is necessary. For exfoliation, oatmeal is one of the best ingredients you can use at home. Exfoliating also leaves the skin supple and soft. Mix 2 tablespoons of oatmeal with enough tomato juice to make a thick paste. Apply this paste on the thighs, allow it to sit for 20 minutes and then rub it gently using a little water to scrub off the dead skin. Finally, rinse it off with cold water. Do this 2 or 3 times a week. Use it as mentioned above.

**Cucumbers** The natural bleaching property of cucumbers can help lighten your dark inner thighs. In addition, several components in cucumbers help repair skin cells and remove dead skin cells. The soothing nature of cucumbers suits all skin types. **Advertisements** Gently rub cucumber slices or cucumber juice on your thighs for 10 minutes. Wait 5 minutes, then rinse it off with water. Repeat once or twice daily. Alternatively, mix equal amounts of cucumber juice and lemon juice. Stir in a little turmeric and sandalwood powder. Apply it on your thighs for 20 minutes, then rinse it off with lukewarm water.

**Coconut Oil** Coconut oil also helps lighten hyperpigmentation and revitalizes the skin. Plus, its antioxidant and moisturizing properties help you maintain soft and younger-looking skin. Mix 3 tablespoons of coconut oil and 1 tablespoon of lemon juice. Apply this solution on your inner thighs and massage gently for 10 to 15 minutes. Wait another 5 minutes, then rinse it off with warm water. Use this treatment every other day.

**Turmeric** Turmeric inhibits melanin production, so you can use it to treat skin discoloration and maintain an even skin tone. Mix a little turmeric powder with 1 teaspoon of milk cream. Rub it gently on your inner thighs. Allow it to dry before rinsing it off with lukewarm water. Use this remedy once daily. Alternatively, mix 1 to 2 teaspoons of turmeric powder with enough orange juice to make a paste. Apply it on your dark inner thighs and leave it on for 15 to 20 minutes. Use warm water to remove the paste.

**Baking Soda** Baking soda can also

improve the dark complexion of your inner thighs. It works as an exfoliating agent to remove sun-damaged skin cells that have darkened. Mix 1 tablespoon each of baking soda and milk or water to make a paste. Add a little honey and mix well. Rinse it off with lukewarm water. Repeat every other day.

**Almonds** The vitamin E in almonds helps brighten your skin tone. You can use both almonds and almond oil to maintain an even tone and keep your skin healthy. Prepare a paste with 1 to 2 tablespoons of coarsely powdered almonds and 1 tablespoon each of milk powder and honey. Apply it on the darkened thighs. Allow it to dry, then rub off the paste with wet fingers using circular motions. Rinse your skin with cold water. Do this 2 to 4 times a week. Alternatively, soak a few almonds in water overnight. The next morning, grind the almonds into a paste. Add a little honey to the paste and apply it on your thighs. Wait 10 to 15 minutes, then gently scrub off the paste using wet hands. Rinse your thighs with cold water. Do this once or twice a week. Also, massage your thighs with warm almond oil for about 5 minutes daily before going to bed.

**Orange Peels** Orange peels contain vitamin C that works as a natural bleaching agent. They also contain exfoliating properties that help get rid of dead or damaged skin cells. Put 1 cup of orange peels in the sun for a few days to dry out. Grind the dried peels into a powder. Put 2 teaspoons of the powder in a bowl and add enough rose water to make a thick paste. Mix in some honey. Apply this paste on your inner thighs and wait 15 to 20 minutes. Gently scrub off the paste with your wet hands, then rinse the area with cold water. Repeat 2 or 3 times a week. Use a chemical-free soap and soft sponge to wash your thighs. Avoid wearing rough jeans that can irritate the skin when the material rubs against your thighs. Wear comfortable clothes made from breathable materials to prevent skin irritation.

**Chapter 3 : Rash on Inner Thighs - Causes, Pictures and Treatment - ( - Updated)**

*Read Between my Thighs from the story Naval Scandal by QueenofHeartsThe1 with 9, reads. girlxboy, boyxgirl, captain. I was still sitting alone at the bar at.*

**Bumps on Inner Thighs** There can be many causes of red bumps on inner thighs. Some are mild, while others are very serious. In order to decide whether bumps on your inner thighs are serious or not, you need to understand when they began to show up, whether or not there are associated symptoms, and whether or not they disappear without treatment.

**Bumps on Inner Thighs 1. Friction** Friction can happen when the thighs rub together. The friction results in irritation of the skin of the inner thighs, leading to bumps on inner thighs. The irritation can cause a heat rash called miliaria. Irritated skin often leads to blockage of the sweat glands and the formation of pink, red or white bumps. Common symptoms are itching or a prickly feeling in thighs. Sometimes this can be painful. It is more likely to occur if you live in a humid or hot climate but anytime the thighs rub together, bumps due to friction can occur. The best treatment for friction bumps on inner thighs is to wash the area gently with water and allow it to dry completely. Then put on something greasy like petroleum jelly. If the area is extremely swollen, painful, crusted over or bleeding, the doctor may recommend some type of medicated ointment to heal the bumps. Ongoing friction will cause worsened symptoms and the bumps can become infected. If this is the case, oral antibiotics or topical antibiotics may be indicated.

**Hidradentis Suppurativa** This is a condition that involves having red bumps on inner thighs that will open up and leak pus. It occurs when dead skin cells and oil build up and block the hair follicles leading to bacterial infection. It can also be related to smoking, heredity or weight gain. The main symptoms include having red bumps, blackheads, a bad odor and pus on the inner thighs. The main treatment is to wash your thighs carefully and practice good hygiene. If you lose weight, you will get them less. Try to wear loose clothing and apply warm compresses when they become too big of a problem.

**Folliculitis** Folliculitis, similar to hidradentis suppurativa, results in red bumps on inner thighs because several kinds of bacteria in the hair follicles cause follicles to become inflamed. The main symptoms are itchy and painful boils on the inner thighs. The main treatment involves the application of anti-fungal or anti-bacterial cream to get rid of the infection. If you have a mild case of folliculitis, the symptoms often disappear without any treatment.

**Abscess** An abscess can be caused by staph aureus bacteria which infiltrate the skin resulting in pain, skin swelling, warmth, redness and cysts developing on the inner thigh. The main treatment for abscesses is to apply a warm compress to the affected area and take antibiotics. The abscess may need to be lanced by doctor. Elevating the leg will help reduce swelling of the affected area.

**Warts** Warts are caused by a virus that infiltrates the skin causing bumps on inner thighs. The main symptoms are dry red bumps that can feel scaly. There is medication you can use to get rid of warts and the doctor can freeze off or burn off the warts, thus destroying them so that they go away.

**Herpes infections and syphilis** are two of them, which can yield headaches, angry blisters, tiredness, fever, chills and total body aches. This means taking medications for viruses such as herpes virus, or taking anti-syphilitic medications to treat the symptoms of syphilis.

**Jock Itch** Jock itch is a fungal infection found almost exclusively in males. It can lead to groin itching that spreads to the thighs. You can also get it in the area of the anus or buttocks. The main finding is a rash consisting of red itchy bumps on inner thighs. The rash can spread if not treated. In rare cases, it can be seen in women but it is not considered a sexually transmitted condition. The main treatment is washing the affected area with soap and water to cleanse it before putting on an antifungal cream on the area where the rash is and a bit beyond the borders of the rash. The best antifungal remedies are creams or powders containing miconazole, clotrimazole, or terbinafine. If you do not get resolution of your symptoms after a week, seek the advice of your doctor. If you have blisters as a result of ringworm, warm compresses and antifungal cream can be applied after you dry the area.

**Tumor** If you experience bumps that are growing under your skin at a rapid rate, it could mean that these are metastatic tumors. You should see your doctor as soon as you can. If the bumps on inner thighs are from tumors and are not treated, this could lead to a life-threatening situation, even if they are not the result of cancer. Tumors can spread easily if they come close to bone or to blood vessels. The treatment may rely on what type of tumor it

is. Some tumors respond to chemotherapy and will shrink without surgery, while others need to be excised through the use of surgery.

**Chapter 4 : How to Lighten Your Dark Inner Thighs Naturally | Top 10 Home Remedies**

*Chafing between your thighs is the worst. We know. But there are ways to avoid it – no thigh-gap necessary. Or, if you're already past that slightly uncomfortable point, you can start treating.*

See the end of the chapter for notes. His body is screaming at him to let go, he has pushed himself far enough, but his mind is still fighting for the last basket that will turn the game in their favor. Just two more points and the game will be theirs. But there is only five seconds left before the buzzer announces the end of the final showdown for the All Japan Intercollegiate Basketball Championship, and there is no way he can do it on his own. Not against this beast of an opponent. Getting his team, Keio, to the finals of the nationals was nothing to sneeze at. They went against teams twice as strong as theirs, and they barely made it out in one piece. But this game against Nittaidai, a university that solely caters to sports and has won the championships for six consecutive years, has been truly something special. And their power forward Kagami has never sweated this much in his whole life, has never grown so exhausted as to get kicked out of the Zone, has never had so much fun. But this basket is important. It will decide the fate of the whole tournament. And Kagami has never wanted to win so badly he could feel the need buzz under his skin like hordes of bees. He is almost delirious with the desire to defeat Aomine Daiki. That arrogant bastard that has been taunting him throughout the whole game. He has to get these two points, there is no other way around it. He cannot concede defeat to that condescending smirk. Not when his captain, Kiyoshi, was counting so much on winning the title this year. This was the last time he was playing basketball since he was in the last year of college, and he had no plans of going pro due to some serious leg injury. Kagami could not let him down. But what can he do in just five seconds? Aomine would block him, there is no doubt about that, and then they would go into overtime, and honestly, Kagami could not move a muscle past this one jump, if he could make it. But what can he do? And then, a soft whisper, in an all too familiar voice, blew through his mind like a breeze, chilling him to the core. Take a step back. Pass to your right. Run five steps forward. Catch the ball and go for a slam dunk from the free throw line. He knows it as surely as he knows his name. But should he listen to that voice? He has been ignoring that seductive whisper this whole time, even at times going against what it told him to do, missing valuable points because of it. Kagami counts his steps and jumps, arms already up in the air to receive the ball that the voice promised him would be there right at that moment. His fingers touch the hard studded rubber and curl around it, going for that flamboyant airwalk of his from the free throw line, and slamming the ball with all his remaining strength into the basket. He dangles from the hoop for a few seconds, the court spinning below his feet as he beat the buzzer. Keio University wins the nationals for the first time in two decades. Kagami drops down heavily on the floor, dazed from the deafening uproar in the stands, tracks of cold sweat drying on his clammy skin. Like this is a joke. Some alternate universe that he has dropped into, where some returnee that no one knew anything about could hand his unbeatable ass to him with his first taste of defeat. His head swims and the world blurs around the edges of his sight, and he feels so cold under his skin that a strong shiver runs down his spine, causing his arms to wrap around his midsection on their own volition. Someone appears in his line of vision that has no business of being there, and Kagami feels dread twist inside his gut like a knife tearing into his flesh. He feels lightheaded and drained and about to die, swaying slightly on his feet. He hurts all over, his stomach is in knots and his head a painful mess. The dry heaving feels like sandpaper scraping repeatedly against the soft, tender tissues of his throat, his knees are in agony pressed against the cold tiles under his dead weight. He feels faint and unsteady. The thought makes him retch once more into the toilet, feeling so dirty, so defiled, that he will be scrubbing his skin raw once he gets home.

**Chapter 5 : Between My Thighs: An Urban Erotic Tale by Naija**

*Having rash on inner thighs is a symptom and not a disease or a health ailment. Rash is a condition of the skin wherein it becomes red, inflamed and itchy.*

Her mother and father really messed her up as a person. This book took you on a emotional rollercoaster. Both of them were messed up in the head. When Mitty was willing to accept Chasity and all her flaws, Vegas should have been history. This book is different from what I am use to, but I loved every minute of it. I will definitely be reading more from her. Chastity had a lot of problems raised up in the house she grew up in. I loved every moment of this book Aug 19, Dana McLeod rated it liked it An ok read for me The beginning really drew me in and after a while I wasnt enjoying as much. Yes Chasity went thru alot of things but some were just a little unbelievable to me. The book was an ok read for me. Aug 14, Andrea Williams rated it it was amazing Amazing read! I was instantly drawn into this book! The things chastity went thru no one should have to go thru. All the pain hurt lies smh. This was a awesome read and it will have you going thru every emotion possible. I recommend you read this book! And thank you Angel Williams for writing a full novel thats a Standalone.. Hard to find those nowadays. Dec 06, andrea rated it it was ok This was heartbreaking! The author was all over the place she kept contradicting herself throughout the story.