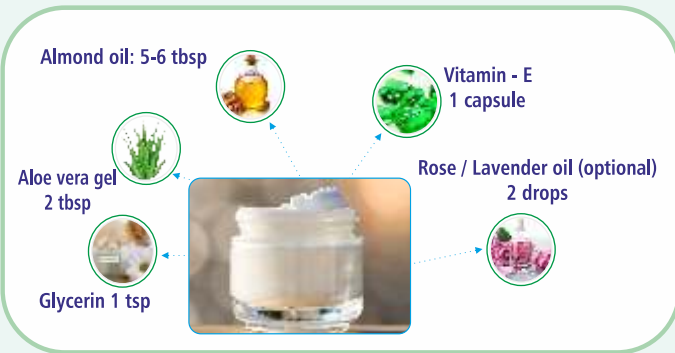


DIY HYDRATING LOTION

As seasons change, so do the requirements of our body. Winter brings with it skin complaints such as dryness, itching, etc. Harsh and cold weather often leave our skin in some desperate need for attention. No, we are not asking you to spend on some miracle product. Rather we are suggesting that you try out this simple homemade lotion and give your skin some much needed attention. Sometimes a simple lotion can be your best ally to a healthy glowing skin.

What you will need:**Preparation Process :**

1. In a container first mix Aloe vera and oil of your choice like neem oil, sweet almond oil, etc are preferred as they don't clog pores.
2. Here we are going to use almond oil.
3. You can now add the rest of the ingredients and stir the mixture well.
4. This can take time so you can give your arms a rest and let your blender do the work.
5. Once you see a creamy smooth texture, store the same in an air-tight container.
6. Make sure to make small batches that can last up to 2 weeks and not more.

Benefits :

- Aloe vera gets absorbed easily by the skin, soothes itching, and has a cooling effect. As it is high in moisture content it helps to hydrate the skin and protects it from damage.
- Almond oil is rich in essential nutrients that help to improve skin complexion & tone.
- With the addition of Vitamin E the lotion will also nourish your skin without leaving the skin oily.
- Glycerin is an excellent ingredient that helps to retain moisture, soften the skin and repair it.
- Moreover, we are using **'no'** chemicals to make the lotion.
- Small batches ensure that we are using fresh ingredients as much as possible.

#Sayyestoayurveda #Sandupharma #homemade #glowingskin #winter #sanduarogyadarshika

#diy