

## MILK AND HONEY FOOT CREAM

Pregnancy may be the happiest and precious moment of a woman's life but it also has its downsides. For instance the constant bathroom breaks or not being able to see your feet for most of the pregnancy period. This doesn't mean you stop taking care of yourself! In fact, anyone can give their feet some self care with this cream. So, go ahead, put your feet up & get a foot massage. You can also use your own home-made cream for your feet.

### **What you will need:**

**Milk** : 2 tablespoons

**Honey** : 1 cup

Juice of half an orange.

### **Preparation Process :**

1. Put the milk and honey in a pan and warm it up on a low flame.
2. Add the orange juice and stir it.
3. Take it off the flame and let it cool.
4. Store it in a jar.

### **Benefits:**

- Contains no chemicals so it is safe to use and easy to make.
- Milk and honey together moisturize the skin, helps reduce dry and cracked heels as well as lock the moisture in.
- With the addition of orange juice it also helps with maintaining a healthy skin tone.
- For pregnant ladies a gentle foot massage can do wonders but make sure you avoid sensitive points and if you sense any discomfort during your foot massage please stop immediately.
- It doesn't matter what gender you are, anyone can use this cream.
- Additionally after leaving the cream on your feet for some time you can wash it off with warm water or simply apply before sleeping.

#Sayyestoayurveda #Sandupharma #Ayurveda #footcare #softheels #Pregutero #Shatari  
#sanduarogyadarshika #diy

**WATCH THE VIDEO HERE :** <https://youtu.be/0JiAV-wE3wU>

Reference:

<https://www.india.com/lifestyle/5-diy-foot-creams-to-treat-cracked-heels-2838723/>