

{ Natural Body Care }

~ Glycerin, lemon and Coconut Oil ~

Make a mixture of 6 tsp coconut oil (or petroleum jelly), 2 tsp glycerin and 2 tsp lemon juice. Keep it in a bottle. Apply this on your body every night before sleeping. You will be amazed with the results.

~ Cucumber, glycerin and rose water ~

Peel and grate a cucumber. Blend it with 1/2 tsp glycerine and rose water. Apply on your body for 15-20 minutes.
Great for healing sunburns.

~ Paraffin wax and mustard oil ~

Melt paraffin wax and add a few drops of mustard oil. Apply on cracked heels. Leave it overnight (if not possible for 2-3 hours). After 10 or 15 days, you will feel the difference.

Naturally take care of your body...