

# [Who doesn’t need hands as soft as](https://assignbuster.com/who-doesnt-need-hands-as-soft-as/)

[Environment](https://assignbuster.com/essay-subjects/environment/)

Who doesn’t need hands as soft assilk? But at times winter makes it rough and hard for us to deal with it. Sometimes even harsh detergents seem to hate the moisturized nature of ourhands. At this time a hand scrub seemsto be an idea better than anything else. There are many of them out there, butdo you know how to choose one? I would prefer you to choose Ayurvedic since youdon’t have to deal with chemicals and its side effects.

Among all homemade scrubs, lemonand sugar scrub is the most powerful and effective at making your hands as softas it used to be. Lemons are rich in antioxidants and vitamin C that detoxifiesyour body. In short, these compounds are cancer-fighting agents. Sugar, on the other hand, has theability to lock the moisture in your skin by absorbing it from the surroundingenvironment. Now you can imagine how perfectly powerful would be thecombination of these ingredients. It’s easy to make and use.

Youdon’t even have to make this every time you desire to apply it to hands. Justmake it in much quantity and store it somewhere safe. It takes minutes to makethe recipe come to life. But first, let’s see the benefitsthese ingredients bring along.

Benefits of lemon: 1. Have you got those irritatingdark bags under your eyes that are too stubborn to go away? Did you try everysingle cosmetic and failed? Use lemon instead. It contains rich vitamin C thatsynthesizes the collagen and helps in the puffy eyes. 2. If you knew lemon is good forhiding dark spots would you have had bought those expensive cosmetics from theshops? Don’t worry, you can throw those out because lemon is way more effectivethan that.

Lemon contains citric acid that acts on the skin through the processof bleaching and reduces the dark spots. 3. It reduces blackheads, especially the ones on or around your nose. You just have to rub lemon on youraffected area and you will be benefited with clear spotless skin.

4. A small piece of lemon has vastcontents of antibacterial property in it. Due to this, the lemon acts perfectly on the skin acne.

You can eithermake some cream, scrub or drink it daily for good results. 5. Are you tired of thosefreckles that appear unnaturally? Try making a lemon pack, or a cream and applyit to your affected area. You will see lasting results on your face before andafter the treatment. 6.  As mentioned earlier, the citric acid in thelemon helps in bleaching process of the skin. This bleaching process whitens theskin tone and makes it bright. You can use italone or even add a bit of honey to it to reduce the irritation.

7. Are you afraid of looking atyour tanned hands and legs when the skin beneath your clothes is bright? Rubbing the peel of lemon on your tanning skinis one good remedy to reduce it make your skin look brighter. 8. Pimples can cause so much painon your skin. But the marks it leaves behind will forever remind you of itsdevastating existence. Now say goodbye topimples since lemon is here to therescue.

It lightens the pimple marks and makes your skin glowing. Benefits of Sugar: 1. Skin can often become full ofdirt and rough because of pollution and kitchen work. But sugar is here at yourservice. It doesn’t just work to exfoliate your skin but also makes your skinsupple and soft. 2. Sugar has glycolic acid inrich quantities that breaks the binding of cells and regenerates the new cellsthat make your skin look younger. If youare looking to feel young, try using sugar.

3. It has natural anti-aging qualities in the skin. It acts as aprotective agent and does not allow toxins to enter your skin. When you use itdaily, it has good effects on your skin and can even slow down the agingeffects. 4. Your lips can become rose andsmooth just by applying sugar before using lip balm or lip care products. Thesugar helps in removal of dead skin layer so that the lip care products can acteffectively. 5.

The proper and daily usage ofsugar helps your skin to have perfect oil balance since it contains a high amount of alpha-hydroxy acid and glycolicacid. They maintain the skin and protect the skin from becoming dry. 6. Sugar makes your skin lookhealthier by exfoliating with every usage. It hydrates your skin so that yourskin starts to have a natural glow.

7. A sugar scrub, if used daily, can be used to soften the hard hands of even laboring men. What to speak of thedelicate hands of women? It can do wonders foryou! 8. A sugar scrub absorbs the excess of oil and dirt on your skin and healsthe blemishes. In this way, it balancesthe oil in your skin. How to make Lemon and sugar scrubat home? It’sas easy as cooking food. Just follow the steps given below. Ingredients: ·        Sugar, white will be preferable: 2 and ½ cups.

·        Lemon juice: 2 tbsp·        Olive oil: 2/3 cups.·        Essential oil: 1tbsp·        Bowl, cups, spoon and acontainer. Directions. 1.     Take a bowl and the lemon juice, olive oil, essential oil, white sugar in it and mix well. 2.      Ifthe mixture seems a bit dry just add a little more oil to it.

3.      Keepthe mixture in a jar container. How to apply? 1.

Take few amount of scrub andapply it to the rough area, let’s say hands. Apply it in the nails as well. 2.      Scrubit in a circular motion for about 10 minutes. 3.      Washyour hand using lukewarm water.

4.     Repeat this process twice a weekfor great and lasting effects on your hardened hands.