

Who doesn't need  
hands as soft as

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Who doesn't need hands as soft as silk? 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 our hands. At this time a hand scrub seems to be an idea better than anything else. There are many of them out there, but do you know how to choose one? I would prefer you to choose Ayurvedic since you don't have to deal with chemicals and its side effects.

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

You don't even have to make this every time you desire to apply it to hands. Just make it in much quantity and store it somewhere safe. It takes minutes to make the recipe come to life. But first, let's see the benefits these ingredients bring along.

Benefits of lemon: 1. Have you got those irritating dark bags under your eyes that are too stubborn to go away? Did you try every single cosmetic and failed? Use lemon instead. It contains rich vitamin C that synthesizes the collagen and helps in the puffy eyes. 2. If you knew lemon is good for hiding dark spots would you have had bought those expensive cosmetics from the shops? Don't worry, you can throw those out because lemon is way more effective than that.

Lemon contains citric acid that acts on the skin through the process of 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 your affected area and you will be benefited with clear spotless skin.

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

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

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

It lightens the pimple marks and makes your skin glowing. Benefits of Sugar: 1. Skin can often become full of dirt and rough because of pollution and kitchen work. But sugar is here at your service. It doesn't just work to exfoliate your skin but also makes your skin supple and soft. 2. Sugar has glycolic acid in rich quantities that breaks the binding of cells and

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regenerates the new cells that make your skin look younger. If you are looking to feel young, try using sugar.

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

The proper and daily usage of sugar helps your skin to have perfect oil balance since it contains a high amount of alpha-hydroxy acid and glycolic acid. They maintain the skin and protect the skin from becoming dry. 6. Sugar makes your skin look healthier by exfoliating with every usage. It hydrates your skin so that your skin 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 the delicate hands of women? It can do wonders for you! 8. A sugar scrub absorbs the excess of oil and dirt on your skin and heals the blemishes. In this way, it balances the oil in your skin. How to make Lemon and sugar scrub at home? It's as 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:

1 tbsp · Bowl, cups, spoon and a container. Directions. 1. Take a bowl and the lemon juice, olive oil, essential oil, white sugar in it and mix well.

2. If the mixture seems a bit dry just add a little more oil to it.

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

Take a few amount of scrub and apply it to the rough area, let's say hands.

Apply it in the nails as well. 2. Scrub it in a circular motion for about 10 minutes. 3. Wash your hand using lukewarm water.

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