

Skin Care with Petroleum Jelly

The skin, the body's largest organ, is also the body's first shield against any external harm. Harsh environmental conditions, weather changes and pollution can weaken and damage skin, for which skin care is essential. However, it does not always mean to break the bank. Petroleum jelly, a common product in almost everyone's medicine cabinet, can do wonders for the skin.

Revitalises dry skin

Dry skin is a common development during winter. It causes elbows, lips, hands, and other parts of the body to become itchy,



flaky, and sometimes, even bleed. As lotions and ointments can often cause burning and irritation, applying petroleum jelly on cracked skin is gentler. It seals in skin moisture and soothes thinner skin areas, like the eyelids and lips, and prevents any flakiness and cracking.

Aids skin injury

Dryness can lead to minor injuries like small cuts and scratches. Sometimes, the skin region around nails becomes white and shrivelled, causing skin to peel off. Applying petroleum jelly to such injury prone regions aids in retaining moisture and thereby aids

the healing process. It prevents the wound from forming scabs, which take longer to heal and reduces the chances of any scarring.

Prevents chafing

Chafing is a kind of skin irritation that occurs when skin rubs against clothing, or when body parts rub together. This can often lead to redness, itchiness, blisters, irritation and in extreme cases, causes skin to peel off. This painful and uncomfortable development can be prevented by applying



petroleum jelly to problematic areas. It reduces friction and prevents any further damage.

Works as a makeup remover

Leftover makeup can cause immense damage to the skin during any season. It remains imperative that makeup, especially on the eyelids and lips, is removed properly. Petroleum jelly has an oily texture, which makes removing makeup much easier and effective. Some removers might leave behind redness or require extra force. However, petroleum jelly further promotes skin moisturising in the process of removing makeup and improves overall skin health.

Restores youthful appearance

Petroleum jelly can be used in diverse ways. Be it to aid dry skin or to make a face mask, it can make one's skin look and feel more youthful. Household ingredients like lemon can be added to petroleum jelly to make gentle face masks. Lemon is not only friendly on the skin, due to its pH level, but also contains antioxidants which promote skin health and skin glow. Such a combination would leave one looking youthful and prepared for any weather.

Petroleum jelly, although not always suitable for oily skin, is an effective and inexpensive solution for all skin problems. Its diverse uses and combinations leave no skin problem unhealed, and promises skin health, protection, and overall radiance!

By Puja Sarkar

Photo: LS Archive/ Sazzad Ibne Sayed

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