

LS SUGGESTS

# Do you Aloe Vera much?

Popularly known as "the plant of immortality" Aloe Vera justifies its reputation quite perfectly. Since time immemorial this has been an important ingredient in beauty regimens. Famed for its medicinal properties it was also used by the ancient Egyptians and the Native Americans.

## SOOTH YOUR ACNE AND ACNE SCARS

If you suffered from acne or you are left with acne scars, Aloe Vera can help you heal the process quite fast. Just apply the gel directly onto the acne or the acne scar and leave it overnight. It contains antioxidants like vitamin C and E, which will help reduce the acne from bloating any further and heal the scar accordingly.

You can also use it as a face mask. Just use two tablespoons of Aloe Vera gel, one teaspoon of honey, and mix it well. Apply onto the skin and leave it for 30 minutes or so. It works as a very efficient face mask for acne prone skin.

## HAIR CONDITIONER

One of the most popular and efficient ways of using Aloe Vera is by applying it onto the hair. It aids hair growth by leaving it silky and shiny. Just apply the gel onto the scalp and massage it through the tips. Leave it for an hour or two and shampoo your hair.

## SKINCARE

When it comes to skincare, there are uncountable ways through which you can get the benefits from Aloe Vera. You can use it as a moisturiser, a sunburn relief, and even an exfoliator.

When it comes to moisturising your skin, use one tablespoon of raw coconut oil and two spoons of the gel. Mix it gently and apply

it all on your face and body. You will feel fresh and rejuvenated.

For using it as a sunburn relief, apply the gel directly onto the skin.

Aloe Vera contains anti-inflammatory properties which will reduce the redness on your skin. For burns, itches, rashes, blisters and preventing stretch marks Aloe Vera has been known to be a quick healing agent too.

Exfoliating is an important part of taking

nut oil and one spoon of Aloe Vera gel. Mix it together and scrub away!

## YOUR SECRET MEDICINE TO A GOOD HEALTH

Drinking Aloe Vera juice can relieve gastrointestinal disorders like indigestion, ease congestion, stomach ulcers, urinary tract infections and prostate problems. Taking Aloe Vera orally can reduce cholesterol and triglycerides for a healthy heart.

Aloe Vera is that one plant which you will



care of your skincare routine. There are a lot of cases where it happens so that your store bought exfoliator does not suit your skin type. To avoid such kind of an issue you can always DIY. How you ask? You will need only two spoons of sugar, one spoon of raw coco-

not regret growing on your balcony. It is indeed the solution to a lot of our problems. So when are you trying the "plant of immortality" for yourself?

By Sumaiya Tasnim

Photo: Collected

**Dove**  
HAIR THERAPY

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**Unilever**

## Wear beautiful open hair every day

Dove Conditioner now at Taka 4 only.

Hair looks beautiful after shampooing, doesn't it? But then, it keeps getting frizzier with each passing day, leaving you with no option but to tie it up. Instead, treat your hair to Dove conditioner after shampooing. Infused with the nourishing care of 1/4 Moisturising Cream and Keratin Actives, it reduces frizz, making your hair softer and up to 10X smoother\*. So now don't let frizz tie your hair up. Wear smooth, open hair every day; nourish it with Dove Conditioner.



For smooth, frizz protected hair

Unilever Care Line  
09-666-999-666

#Based on lab test on Dove Intense Repair shampoo and conditioner vs. Non-conditioning shampoo

\*New refers to new pack

# Tips to treat your dry skin right

Even if we love chilly winters or warm summer days, we don't love what these two seasons do to our skin. Our skin gets dry due to cold weather or lack of humidity which causes the moisture from our skin to disappear. The most common symptoms of dry skin are that the skin is itchy, irritated and turn reddish. The itching causes flakes and scaly patches which make the skin hide its natural glow. And so to avoid feeling uncomfortable by walking around with itchy and flaky skin, the best solution is to moisturise with a good body cream or petroleum jelly such as Vaseline.

## How does moisturising help our skin?

Healthy and hydrated skin is able to repair and protect from dryness and irritability. Everyday factors like the dry weather or long hot showers can cause our skin to dry because harsh body cleansers weaken the skin's barrier and allow more moisture to escape. Without proper moisturising, our skin becomes dryer and our skin cells tighten and get damaged. When the moisture is lost, the skin is itchy and visible flakes appear. This is when we should moisturise since moisturisers hydrate and soften the skin. Vaseline