

# HEALING TOUCH OF ALOE VERA

## A natural approach to skincare

From moisturising to soothing and healing, aloe vera offers a bounty of skincare solutions that have been in use for several thousand years. It possesses an ancient reputation for its remarkable moisturising capabilities, making it a popular ingredient in a variety of modern skincare products.

The lightweight and non-greasy nature of the gel proves to be one of the best moisturisers suitable for all skin types, even for those with oily or acne-prone skin. Its unique formulation ensures hydration without the risk of clogging pores, making it particularly beneficial for individuals with sensitive or easily irritated skin.

Beyond the surface level, aloe vera's moisturising benefits can reach into the deeper layers of your skin. The gel, acting as a natural humectant, not only locks in moisture but also penetrates efficiently to promote sustained hydration.

The plant is also recognised for its anti-inflammatory characteristics, containing various components that can reduce skin irritation and inflammation, offering relief from conditions such as sunburns.

Aloe vera is also known for offering relief to people dealing with eczema and psoriasis, conditions characterised by irritation and itchiness. The anti-inflammatory properties inherent in



the plant can play a role in alleviating the discomfort associated with both conditions.

Additionally, the moisturising impact proves beneficial in soothing dry skin, a common symptom of psoriasis. While it is important to note that aloe vera does not serve as a cure for these conditions, it can be a natural and gentle option to help manage symptoms.



This extraordinary plant also comes with antimicrobial properties that can assist in fighting bacterial infections and effectively prevent acne development. Aloe vera is also celebrated for its anti-ageing effects as the plant contains antioxidants like vitamins C and E, and plays a pivotal role in neutralising free radicals that can harm skin cells and accelerate the ageing process.

The use of skin care products containing

essence from this plant can prevent the formation of fine lines and wrinkles on your skin. Aloe vera stimulates the production of collagen, a crucial protein responsible for maintaining skin elasticity. This promotion of collagen synthesis contributes to improved skin firmness and resilience, further enhancing your youthful appearance.

With a well-established history, aloe vera has also made a name for facilitating the healing process of minor wounds, cuts, and abrasions. Beyond its contribution to skin regeneration, regular use of aloe vera is effective in reducing scar tissue, rendering it a favourite among mediaeval and ancient soldiers for skin recovery. It can also work wonders at eliminating stretch marks and acne marks!

Incorporating aloe vera into your skincare routine can be a simple yet effective way to keep your skin well-hydrated and address both acne-related concerns and the signs of ageing. However, individual responses to skincare ingredients vary, so it is advisable to perform a patch test before extensive use of this medicinal plant.

By **Abdullah Al Zobayer**

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