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Beautiful hands, all
natural
PrettyHands

[Home-Made Remedies for Your Hands](#)

Be smart and go natural all the way

Our hands are often the only part of the body we don't pay too much attention to, even though they're probably the most exposed throughout our daily routine. They serve us from dusk until dawn and we hardly notice that. Given the season change, they'll be put to even more stress than before. However, there's no need to believe that only by buying the perfect hand cream you'll get soft and moisturized hands, as there are others home-made remedies that might serve you just as well, if not actually better. A wise woman should always know what to use to get great results, especially when she's got plenty of goodies in her own kitchen and has where to choose from. For instance, you can easily protect you hands even when doing the dishes without gloves - all you have to do is pour some almond oil (but no more than one tablespoon) in the bottle of cleanser you're usually using, and dry hands will soon be nothing but just a memory for you. Another handy remedy would be the use of a mixture of almond oil (or olive oil, as it works just the same) and sugar. Sugar, and the brown one in particular, does a magnificent job in exfoliating the dead skin on your hands, and can be used in case of dry skin on your feet, too. One tablespoon of each ingredient should be enough. All that needs to be done afterwards is to apply the mixture on your hands, and start scrubbing them gently. Rinse with warm water and then enjoy the effects of a cure that is much praised by thousands of women using it regularly. Easy and cheap. Milk is also good for your hands. As a matter of fact, many of the hand creams we buy are heavily based on milk derivates. To use it at home, make sure you heat it a bit, and then just take a small bowl and sink your hands in for a couple of minutes. You'll feel heavenly and your hands will look and feel likewise, nurtured and hydrated.