



ALOE VERA GEL

COSMETIC HOME RECIPES

A FEW WORDS ABOUT OUR ALOE VERA GEL

Aloe vera, a time-honored succulent with a history steeped in medicinal and cosmetic applications, takes center stage in this recipe book. PremaNature Aloe Vera gel, a staple ingredient, lends its versatile properties to an array of home recipes, amplifying its potential to enhance skin health and beauty.

Scientifically known as *Aloe barbadensis miller*, aloe vera's gel is a treasure trove of nutrients, making it a valuable asset for skincare. Polysaccharides in the gel provide hydration and soothe dry skin, while antioxidants like vitamins A, C, and E combat free radicals, promoting a youthful complexion. The amino acids in aloe vera contribute to collagen production, enhancing skin elasticity, and its anti-inflammatory properties calm irritated skin, catering to sensitive skin types.

Beyond its cosmetic appeal, aloe vera's antimicrobial properties support overall skin health by preventing infections. PremaNature Aloe Vera gel transcends cosmetic application, becoming an integral part of recipes designed not just for beauty but for the holistic well-being of the skin.

As you delve into the recipes within, each one carefully integrates PremaNature Aloe Vera gel, harmonizing science-backed skincare benefits with the art of crafting home remedies. Whether it's a revitalizing face mask, a nourishing hair treatment, or a refreshing body scrub, these recipes leverage the potent attributes of aloe vera. Embrace the therapeutic prowess of aloe vera and unlock its transformative potential for achieving radiant and resilient skin.

S. Gokila,

Head of Research and Development

SKIN

ALOE VERA FOR SKIN



ALOE VERA FOR SKIN

1

After Sun Relief

Studies indicate that Aloe Vera is effective in promoting the healing of skin affected by sunburns and minor burns. Moreover, the application of Aloe Vera oil aids in moisturizing the skin, preventing the usual peeling associated with sun damage and alleviating itching and stinging caused by severe sunburns.

While Aloe Vera is suitable for treating minor sunburns, it's essential to seek medical care from a doctor for more severe burns.

A good treatment for sunburn on the face

1. Cook $\frac{1}{4}$ cup plain of oatflour.
2. Refrigerate until cool.
3. In a blender, puree 1 tomato.
4. Mix 1 tablespoon of PremaNature Aloe Vera Gel, 1 tablespoon of pureed tomato, and $\frac{1}{2}$ cup of plain yogurt into chilled oatflour.
5. Apply to sunburned skin and leave on 15 minutes or until dry.
6. Rinse with lukewarm water and pat dry.
7. Apply moisturizer or PremaNature Aloe Vera Gel.

ALOE VERA FOR SKIN

2

After Shave

Aloe Vera serves as a mild substitute for post-shave foams and gels, suitable for both men and women. Its anti-inflammatory properties, attributed to its enzymes, make it effective in reducing skin irritation. Additionally, the high water content in Aloe Vera imparts significant hydration, ensuring a smooth skin surface for a close shave, thereby preventing razor burn. Furthermore, its healing properties contribute to the mitigation of cuts resulting from shaving.

Ingredients

- 1/4 cup PremaNature Aloe Vera Gel
- 1/4 cup Witch Hazel
- 1 Tablespoon Glycerin
- Water to thin if needed (2-4 Tbs)
- Petitgrain Essential Oil, and Patchouli Essential Oil
- Small bottle
- Small jug
- Bowl
- Whisk

Instructions

1. Combine PremaNature Aloe Vera Gel, Witch Hazel, and Glycerine in a bowl and whisk until all combined.
2. Add 12 drops of Patchouli Essential Oil, and 6 drops of Petitgrain Essential Oil. Whisk again to combine. If it's thicker than you'd like, add some water, a little bit at a time, mixing in as you go until the desired consistency is reached.
3. Make sure your small jug is completely clean and dry. Transfer the mixture into your jug, and then from the jug into the clean bottle. You can also use a funnel if you have one.

ALOE VERA FOR SKIN

3

Burns and Cuts

Aloe vera possesses the capacity to address mild burns and alleviate associated pain. Its moisturizing and curative properties expedite the restoration of the skin to a normal, healthy condition, minimizing the risk of scarring. Additionally, employing Aloe Vera for the treatment of minor cuts and wounds is advisable, serving as a commendable alternative to chemical moisturizers. The extensive array of antioxidants found in Aloe, such as beta-carotene, vitamin C, and vitamin E, contributes to maintaining skin suppleness and firmness.

Aloe Vera for burned skin

1. Cut off a portion of the plant, and then wash it.
2. Then you can squeeze out the gel and put it on the burn / Alternatively use PremaNature Aloe Vera Gel.
3. After applying aloe, leave the affected area uncovered and clean.
4. Re-apply two to three times per day as needed.

NB! Use it on closed burns, such as first and second degree. Do not use it on third degree or open burns.

ALOE VERA FOR SKIN

4

Eczema and Psoriasis

Aloe Vera demonstrates the capability to permeate multiple layers of the skin, facilitating the treatment of conditions such as herpes, eczema, psoriasis, dermatitis, and other skin allergies. The pure gel extracted from Aloe is abundant in anti-inflammatory and healing compounds, imparting a pleasant cooling sensation to alleviate itching. Its deep penetration into the skin is particularly effective in reducing the thickness of psoriasis rashes and flakes.

While Aloe Vera does not serve as a definitive cure for the burning and itching associated with eczema, judicious use can offer temporary relief from symptoms. It may prove more beneficial when employed in conjunction with other treatments recommended by a dermatologist.

Balm for revealing symptoms of eczema

Ingredients

- 1/2 cup Olive Oil or Almond Oil
- 3-4 caps Borage Oil
- 20 drops Rosehip Oil
- 2 large fronds of inner Aloe Gel / Alternatively use PremaNature Aloe Vera Gel

Instructions

To make a balm, blend all ingredients until smooth then transfer to a jar and apply liberally to skin as a treatment or as a moisturiser.

FACE

ALOE VERA FOR FACE



ALOE VERA FOR FACE

1

Acne

The antimicrobial properties inherent in Aloe Vera contribute to the elimination of bacteria responsible for acne, thereby diminishing the visibility of acne marks. While it may not provide a comprehensive cure for acne, Aloe Vera exhibits the potential to facilitate the healing of acne scars and mitigate the emergence of new blemishes.

Furthermore, Aloe serves as a hydrating agent for dry skin, diminishes the appearance of pores, alleviates redness, aids in oil control, and serves as an ideal primer for makeup application.

Aloe Vera with Honey

Honey possesses anti-inflammatory, antiseptic, and antibiotic properties, along with minerals, antioxidants, and vitamins that provide nourishment to the skin. The synergy of honey and Aloe Vera enhances the efficacy of this formulation in effectively addressing acne.

1. Mix 1 tablespoon each of PremaNature Aloe Vera Gel and honey in a bowl.
2. Apply this on pimples and leave it on for 20 minutes.
3. Rinse with water and pat the skin dry.
4. Apply any oil free moisturizer.
5. Note: You can add 1/2 teaspoon of rose water or a pinch of turmeric for added benefits.

ALOE VERA FOR FACE

1

Acne

Aloe Vera Mask with Sugar and Milk

The presented formulation produces a potent anti-pimple mask that not only combats acne but also imparts brightness, moisture, and soothing effects to the skin. The inclusion of sugar, rich in glycolic acid, facilitates cell turnover and acts as a humectant, retaining moisture. Additionally, milk contributes to toning, brightening, and soothing the skin within this effective blend.

1. Mix 1 tablespoon of sugar in 1/2 tablespoon of milk until sugar dissolves.
2. Add 2 tablespoons of Seven Minerals Aloe Vera Gel or Spray.
3. Stir all these ingredients and apply this mixture as a mask on the affected skin.
4. Let it sit for about 20 – 30 minutes to dry.
5. Rinse with warm water and then dry your face.
6. Apply moisturizer and repeat this process regularly.

ALOE VERA FOR FACE

2

Facial Moisturiser

Aloe vera gel frequently finds application in skincare formulations to provide soothing, smoothing, hydrating, and softening effects on the skin. Furthermore, it imparts anti-aging benefits and serves as a moisturizer that does not cause pore congestion.

Aloe Vera Facial Moisturizing mask

Instructions

1. Heat the almond oil, jojoba oil, and beeswax in the double boiler until melted and well combined (it takes about 2-5 minutes for me).
2. Pour the oil mix into a bowl large enough to use a hand mixer in without splashing.
3. Let the mixture cool to room temperature for at least an hour, possibly more.
4. Mix the essential oils into the Aloe Vera Gel
5. Once the mixture is room temperature, slowly add the Aloe Vera Gel as you use the hand mixer to whip up the moisturizer. You may not need all of the Aloe Vera Gel so add it gradually.
6. Continue to whip until it reaches your desired consistency.
7. Put in a container with a tight lid.

Ingredients

- 1/3 cup PremaNature Aloe Vera Gel
- 2 tablespoons sweet almond oil
- 2 tablespoons jojoba oil
- 1 tablespoon beeswax
- 10 drops of your favorite essential oils
- 2 drops vitamin E oil - optional

ALOE VERA FOR FACE

2

Facial Moisturiser

Aloe Vera Cucumber and Yogurt Mask

Ingredients

- PremaNature Aloe Vera Gel
- Some Cucumber Juice
- Plain Yogurt
- Few drops of Rose Water / or Oil

Instructions

1. Mix our Aloe Vera gel with some cucumber juice + plain yogurt + few drops of rose water/oil.
2. Stir ingredients well to form a thick paste.
3. Apply the mask onto your skin and leave it on for 20 minutes.
4. Rinse skin with cold water.

ALOE VERA FOR FACE

3

Makeup Primer or Foundation

Aloe vera functions comparably to many commercially available makeup primers, offering the additional advantage of being free from chemicals that could pose potential harm to the skin and toxicity to the body. Moreover, it serves as an excellent barrier safeguarding against environmental el-

Natural Foundation

Ingredients

- 2 teaspoons of argan oil or jojoba oil
- 1 teaspoon of shea butter
- 1/2 teaspoon emulsifying wax
- 1 tablespoon PremaNature Aloe Vera Gel
- 1 teaspoon witch hazel
- OR 3 tablespoons of natural pre-made lotion (in place of the first 5 ingredients)
- 1-4 teaspoons non-nano zinc oxide
- 1/4-1/2 tsp cocoa powder
- 1//2-1 tsp mica powder of choice
- 1/2 tsp clay of choice (if using) OR 2-3 teaspoons of all- natural mineral powder in color of choice

Instructions

1. Melt the shea butter, argan oil and emulsifying wax in a double boiler until completely melted.

ALOE VERA FOR FACE

3

Makeup Primer or Foundation

2. Add the Aloe Vera Gel and witch hazel and whisk until completely incorporated and smooth.
3. Turn heat off.
4. Slowly, start adding colors. Start with zinc and clays until desired coverage is reached. It will still be too pale at this point.
5. Add mica powders and cocoa powder a tiny pinch at a time until desired color is reached.
6. Dip the tip of a spoon into the mixture and let cool for a few seconds. Test the color and coverage on your forehead to make sure you've achieved the right tone for your skin.
7. Spoon the mixture into the desired container and let cool.

ALOE VERA FOR FACE

4

Eye Gel

PremaNature organic aloe vera gel serves as a gentle and soothing eye gel, providing a natural solution for delicate skin around the eyes. Enriched with the nourishing properties of organic aloe vera, this gel offers a refreshing and hydrating experience, perfect for reducing puffiness, dark circles, and tiredness. Its lightweight formula is quickly absorbed, leaving the skin around the eyes feeling cool, moisturized, and rejuvenated. Free from harsh chemicals and artificial fragrances, PremaNature's aloe vera gel is a safe and effective choice for anyone seeking to care for their sensitive eye area with the power of organic ingredients.

Aloe Vera Eye Mask

Ingredients

- PremaNature Aloe Vera Gel
- Raw honey (equal parts of Aloe Vera Gel and honey)
- 2 tablespoons of oil of your choice for every 1 cup of cleanser.

Instructions

1. In a small container, combine Aloe Vera Gel and honey.
2. Add the oil.
3. Use an immersion blender to combine the ingredients until a paste forms.
4. Store in an airtight container in the refrigerator.

HAIR
ALOE VERA FOR HAIR



ALOE VERA FOR HAIR

1

Shampoo

Aloe vera gel boasts antifungal and antibacterial properties that can be advantageous for hair health. It is a favored ingredient in many hair styling products, shampoos, and conditioners due to its numerous benefits for hair care. Aloe vera shampoo is particularly effective in relieving dandruff symptoms. Utilizing fresh aloe vera gel extracted from home-grown plants by slicing the leaves lengthwise and scraping off the gel can be applied directly to the scalp or added to a gentle herbal shampoo during hair washing. This natural gel contains proteolytic enzymes that aid in the repair of dead skin cells on the scalp, promoting healthier hair.

Aloe Vera Shampoo

Ingredients

- 2 cups distilled water
- 2 ounces dried herbs
- 6 ounces liquid castile soap
- 2 tablespoons PremaNature Aloe Vera Gel
- 1/2 teaspoon jojoba oil (omit for oily hair)
- 40-50 drops essential oils

Instructions

1. Bring the distilled water to a boil, and then add the herbs.
2. Cover, reduce heat to low and steep for 15 to 20 minutes.
3. Remove from the heat, strain the spent herbs from the liquid and discard.
4. Add the castile soap to the herbal water slowly, mixing gently as you pour.

ALOE VERA FOR HAIR

1

Shampoo

5. Add the Aloe Vera Gel, jojoba and essential oils. Mix well.
6. Pour the Aloe Vera shampoo into a plastic squeeze bottle.
7. Use as needed, and shake gently before each use. If you have dry hair, shampoo no more than three times per week.

Aloe Vera Shampoo with egg and honey

Ingredients

- 1 egg *preferably free range
- ¼ cup of PremaNature Aloe Vera Gel
- 2 teaspoons of raw honey
- 2 teaspoons of almond oil
- 2 teaspoons of bentonite clay
- 20 drops of ylang ylang essential oil
- Flip top bottle

Instructions

1. In a deep bowl, pour in all the ingredients.
2. Use a whisk to beat all the ingredients until you get a smooth mixture.
3. Apply this onto your hair and massage it into your scalp for at least 2 minutes.
4. Wash off with cold water.

ALOE VERA FOR HAIR

2

Natural Conditioner

When Aloe Vera is applied to the hair and scalp, it revitalizes and adds volume while offering protection against dryness-induced damage. To enhance the conditioning effects of your favorite product, simply incorporate 2 teaspoons of PremaNature Aloe Vera Gel into your conditioner after shampooing. Aloe Vera deeply hydrates the hair shaft, resulting in softer and smoother strands. PremaNature Aloe Vera Gel nourishes hair from root to tip, unclogs scalp pores, and promotes hair follicle exfoliation. Rich in keratin-like compounds, Aloe Vera Gel penetrates the hair, providing essential amino acids for increased shine and strength. Hair styles like dreadlocks, which involve rolling, braiding, and twisting, can greatly benefit from PremaNature Aloe Vera Gel.

Aloe Vera Conditioner

Ingredients

- Half of a fresh lemon
- ¼ cup of PremaNature Aloe Vera Gel or Aloe Vera Spray
- 3-5 drops of your favorite essential oil

Instructions

1. Squeeze the juice from half of a fresh lemon into a bowl.
2. Mix Aloe Vera Gel or Aloe Vera Spray with the lemon.
3. Add few drops of essential oil.

ALOE VERA FOR HAIR

2

Natural Conditioner

Aloe Vera Deep Moisturizing Conditioner

Ingredients

- ¼ cup aloe gel
- ¼ cup coconut oil, warmed in the microwave for mixing

Instructions

1. Blend both ingredients together.
2. Apply to wet hair after shampooing and rinsing.
3. Leave on for a few minutes before rinsing and styling as normal.

ALOE VERA FOR HAIR

3

For Frizzy-curlly Hair

Utilizing Aloe vera treatments can impart a glossy, soft texture to unruly hair, making it more manageable. Before stepping out, simply apply PremaNature Aloe Vera Gel to your scalp and locks. Acting akin to hair gel, Aloe Vera Gel not only offers manageability but also creates a protective barrier, warding off dirt and debris. Moreover, it enhances the appearance of well-hydrated hair. While Aloe Vera Gel may not provide the firm hold of traditional gels, it's an excellent choice for achieving natural, flowing curls. It's also ideal for revitalizing curls that are a couple of days old or when seeking a lightweight hair product. As an emollient, Aloe Vera Gel smooths the hair cuticle by forming a gentle film, while its water and sugar content attract and seal in moisture. Additionally, its amino acids and proteins strengthen the hair, contributing to overall hair health.

Quick-fix Aloe Vera for Frizzy hair

Ingredients

- 2 tablespoons of coconut oil
- 4 tablespoons of PremaNature Aloe Vera Gel
- 3 tablespoons of curd

Instructions

1. Make a paste.
2. Apply paste to dry hair.
3. Leave on your hair for about half an hour.
4. Rinse with water.

ALOE VERA FOR HAIR

3

For Frizzy-curly Hair

Aloe Vera Styling Gel

Instructions

1. Mix Aloe Vera gel into your prepoo oil, shampoo, conditioner or styling products.

OR

2. Mix Aloe Vera gel with homemade flaxseed gel.

ALOE VERA FOR HAIR

4

Reduce Dandruff

Throughout history, Aloe Vera has been renowned for its effectiveness in treating dandruff. Its enzymatic breakdown of skin cells and antifungal properties make it a potent remedy for reducing dandruff and addressing scalp conditions such as psoriasis and seborrhea. PremaNature Aloe Vera Gel offers safe options for minimizing dandruff. Aloe vera's natural enzymes target excessive dead skin cells and the fungus responsible for dandruff (*malassezia*), while also balancing the scalp's pH level and moisturizing the hair. Prior to washing your hair, apply PremaNature Aloe Vera Gel to your scalp for a revitalizing experience. Massage the gel into your scalp, allowing it to sit for ten minutes before rinsing thoroughly, followed by shampooing or co-washing as usual.

Aloe Vera Hair Mask for Dandruff

Instructions

1. Apply PremaNature Aloe Vera Gel on the scalp and hair.
2. Massage it gently and wrap hair with a warm, damp towel.
3. Leave on for a few minutes.
4. Wash it off with water followed by mild shampoo.
5. Repeat 3 times a week.

ALOE VERA FOR HAIR

4

Reduce Dandruff

Aloe Vera Hair Mask for Dandruff with Curd and Olive Oil

Ingredients

- 2-4 teaspoons of Prema-Nature Aloe Vera Gel or Aloe Vera Spray
- 1 teaspoon of Olive Oil or Coconut Oil
- 1 cup of curd

Instructions

1. Mix Aloe Vera Gel or Aloe Vera Spray and olive oil (or coconut oil) in a cup of curd.
2. Apply this paste on the scalp and hair as a hair pack.
3. Leave it on for about 30 – 40 minutes and wash it off with water and shampoo.
4. Repeat this process regularly.

ALOE VERA FOR HAIR

5

Hair Growth

Aloe Vera is rich in pectin and polysaccharides, compounds that stimulate cell division and growth. This process results in the development of fresh, healthy cells, fostering a vibrant scalp and promoting hair growth.

Additionally, Aloe is abundant in amino acids and proteolytic enzymes, which enhance follicle health and encourage hair growth. Its properties also alleviate scalp itching, diminish dandruff, and condition the hair, contributing to overall scalp and hair health.

Aloe Vera and Castor Oil For Hair Growth

Instructions

1. In a bowl, mix all the ingredients until you get a smooth and consistent paste.
2. Apply this mixture to your scalp and hair. Ensure that you're focusing mostly on the roots and tips.
3. Once your hair is fully covered with the mixture, cover it with a shower cap.
4. Go to bed with the mixture on. You may wrap a towel around the shower cap for added heat and to keep the shower cap from shifting.
5. In the morning, wash the mixture off with cool water and shampoo. Finish with conditioner.

Ingredients

- 1 cup PremaNature Aloe Vera Gel
- 2 tablespoon Castor Oil
- 2 tablespoon Fenugreek Powder
- Shower Cap
- Towel

ALOE VERA FOR HAIR

5

Hair Growth

Onion and Aloe Vera for Hair Growth

Ingredients

- 1 cup Onion Juice
- 1 tablespoons PremaNature Aloe Vera Gel

Instructions

1. Take about 3-4 large onions and blend them to a puree in a blender. Use a cheesecloth to extract the juice.
2. To the juice, add the Aloe Vera gel and mix well.
3. Massage this mixture into your scalp and work it through your hair until your hair is saturated with the liquid.
4. Leave it on for about an hour and then rinse your hair.
5. Wash your hair with a mild shampoo and finish with conditioner.

HANDS

ALOE VERA FOR HANDS



ALOE VERA FOR HANDS

1

Moisturizing Hands

Because of its remarkable benefits for the skin, Aloe Vera is particularly effective in repairing dry and cracked hands. Its exceptional anti-aging properties offer the ideal balance of moisture, proteins, and vitamins essential for maintaining youthful-looking hands. Incorporating aloe into exfoliation routines aids in the removal of outer layers of dead skin cells while simultaneously moisturizing the skin, resulting in smoother and healthier hands.

Aloe Vera Anti-aging Hand Cream

Ingredients

- 2 tablespoons of PremaNature Aloe Vera Gel
- 1 tablespoon of Coconut oil or Olive oil
- 1 tablespoon Sweet almond oil
- 1 tablespoon of Honey
- 4 capsules of Vitamin E

Instructions

1. Put honey in a clean bowl
2. Add Sweet Almond Oil
3. Add Coconut oil or Olive Oil
4. Add Vitamin E.
5. Mix all of these ingredients well.
6. Add Aloe Vera Gel and mix the ingredients again.
7. Massage onto hands.
8. You can store this cream for 15 to 20 days in the refrigerator.

ALOE VERA FOR FEET



ALOE VERA FOR FEET

1

Blisters

No matter the stage of the blister – whether it's new, fully formed, or has burst – Aloe Vera can provide remarkable relief. Just apply PremaNature Aloe Vera Gel to the affected area. This will accelerate the healing process faster than simply covering it with a bandage. Reapply the gel as needed until the area has fully healed. If the blister has already burst, apply the gel more frequently for enhanced healing.

Treating Blister with Aloe Vera

Instructions

1. Soak a cotton ball in PremaNature Aloe Vera Gel.
2. Apply the cotton ball to the affected area and allow it to soak in.
3. Cover the cotton ball with a bandage or band aid if you wish for added relief.
4. Repeat this two to three times daily.

ALOE VERA FOR FEET

2

Foot Mask

Aloe vera, a time-honored natural moisturizer, holds remarkable potential for rejuvenating and hydrating your feet. Transform dry feet by creating an Aloe Vera foot mask for moisturizing and revitalizing effects.

Aloe Vera Foot Mask

Ingredients

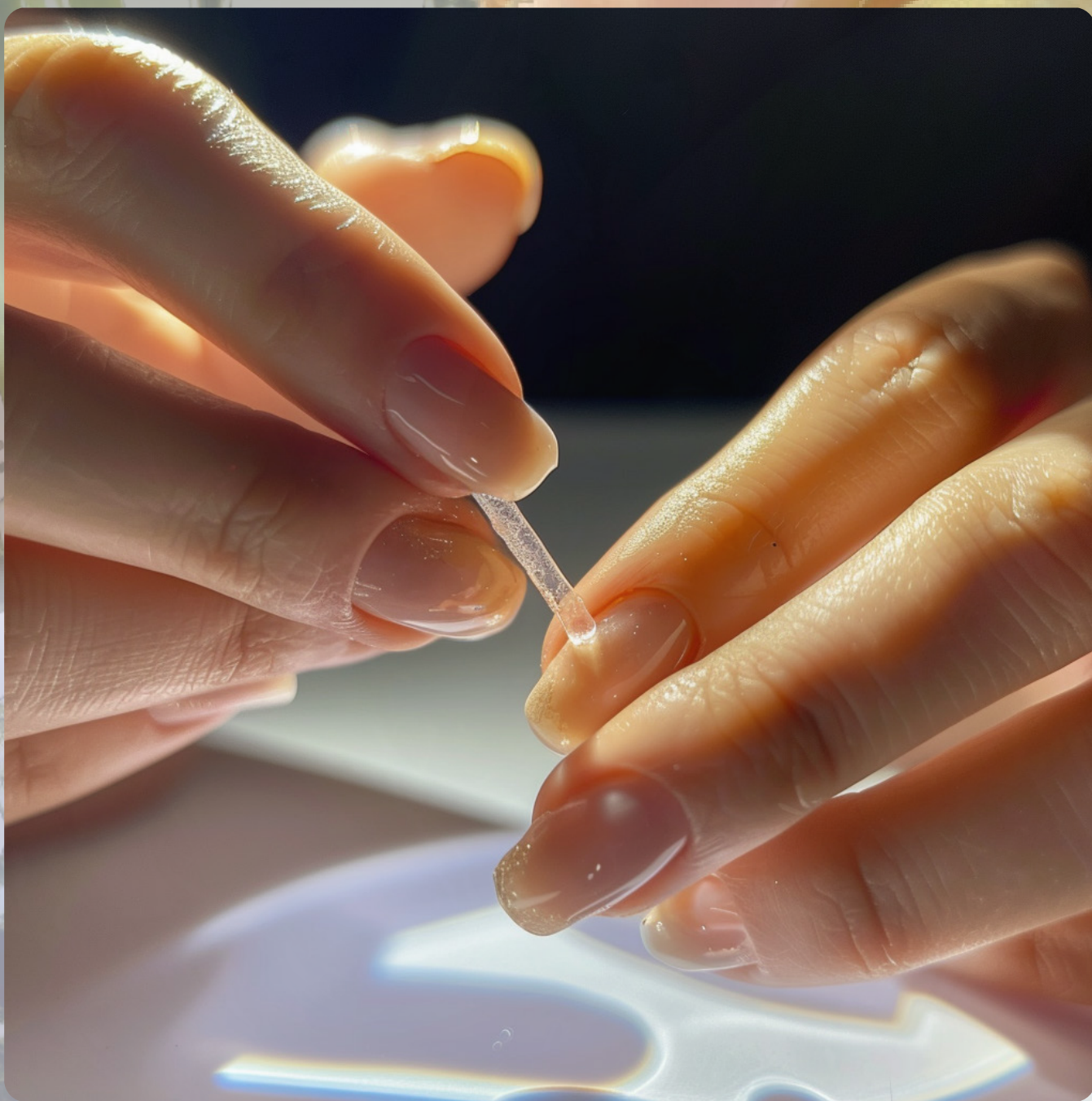
- ½ a cup of oatmeal
- ½ a cup of cornmeal
- 4 tablespoons of PremaNature Aloe Vera Gel
- ½ a cup of unscented body lotion

Instructions

1. Combine oatmeal and cornmeal.
2. Add Aloe Vera Gel and body lotion to oatmeal-cornmeal mixture.
3. Rinse off foot mask after 10 to 15 minutes.

NAILS

ALOE VERA FOR NAILS



ALOE VERA FOR NAILS

1

Aloe Vera for Nails

Utilize PremaNature Aloe Vera Gel to fortify brittle and dry fingernails, providing them with strength and vitality. Massage our Aloe Vera Gel into weakened and lackluster nails for a stunning transformation. For those dealing with toenail fungus seeking a natural remedy, apply PremaNature Aloe Vera Gel to the affected nails daily. Enhance the healing process by combining Aloe Vera with other therapeutic products and essential oils for accelerated results.

Aloe Vera Mask for Strong and Shiny Nails

Ingredients

- 2 spoons of PremaNature Aloe Vera Gel
- 2 spoons of witch-hazel or olive oil

Instructions

1. Blend Aloe Vera Gel and witch-hazel or olive oil together and apply on your nails. Wipe off the excess with a tissue.

Aloe Vera Mask for Strengthening Nails

Instructions

1. Soak your toes in a solution of 50% apple cider vinegar and 50% water for at least 20 minutes.
2. Rinse off the vinegar and dry your feet.
3. Massage your toes and toenail bed with PremaNature Aloe Vera Gel or Spray. Make sure to also rub some under your nails.

Ingredients

- Apple Vinegar
- Water
- PremaNature Aloe Vera Gel

KIDS

ALOE VERA FOR KIDS



ALOE VERA FOR KIDS

1

For Kids & Babies

Aloe Vera is a delightful choice for children due to its gentle nature and rapid efficacy! As kids experience the typical mishaps of scrapes, cuts, insect bites, sunburns, and occasional digestive issues while growing up, Aloe Vera becomes an indispensable item in every herbal medicine cabinet. This age-old herb, trusted by families worldwide for thousands of years, is deemed safe for children of all ages, from toddlers to teenagers.

Note: To avoid potential allergic reactions to Aloe Vera, it's advisable to conduct a patch test on a small area of the skin beforehand.

Natural Homemade Baby Wipes with Aloe Vera

Ingredients

- 1 roll of heavy duty paper towels
- Rubbermaid #6 or #8 container (Empty wipe containers, plastic shoebox containers, old plastic coffee containers or empty gallon plastic ice cream buckets also work)
- 1 3/4 cups boiled water (or distilled) – cooled but still warm (you can use regular water if you use the wipes in less than a week.)
- 1 tablespoon of PremaNature Aloe Vera Gel
- 1 tablespoon of pure Witch Hazel Extract
- 1 teaspoon of Liquid Castile Soap
- 10 drops Grapefruit Seed Extract or 2 capsules of Vitamin E (optional)

ALOE VERA FOR KIDS

1

For Kids & Babies

- 1 teaspoon of Olive or Almond Oil (optional)
- Essential Oils of choice (optional; I use 6 drops each of orange and lavender)

Instructions

1. Cut the roll of paper towels in half using a sharp knife
2. If using a plastic shoe box or old wipe container, accordion fold the wipes into the container. If using a Rubbermaid #6 container (I highly recommend), place the wipes, cut side down in container.
3. In bowl or quart size jar, mix the water, aloe, witch hazel, castile soap, GSE/ Vitamin E and oil and stir.
4. Add essential oils if desired and stir.
5. Pour over paper towels in container and let absorb. This takes about 5-10 minutes.
6. Flip the container over to make sure wipes are well soaked.
7. If using Rubbermaid container, pull the cardboard roll out from the inside. This should also pull the innermost wipe out and start them for you. Depending on the brand of paper towels you use, you might have to experiment with the amount of water to get the right amount.
8. Use as you would regular wipes, and smile, knowing you are using a safe, all- natural product on your child! Note: If your child has extremely sensitive skin, you may need to leave out the essential oils or use calendula or chamomile.

PETS

ALOE VERA FOR PETS



ALOE VERA FOR PETS

1

For Dogs Hot Spots

Aloe Vera is a delightful choice for children due to its gentle nature and rapid efficacy! As kids experience the typical mishaps of scrapes, cuts, insect bites, sunburns, and occasional digestive issues while growing up, Aloe Vera becomes an indispensable item in every herbal medicine cabinet. This age-old herb, trusted by families worldwide for thousands of years, is deemed safe for children of all ages, from toddlers to teenagers.

Note: To avoid potential allergic reactions to Aloe Vera, it's advisable to conduct a patch test on a small area of the skin beforehand.

Aloe Vera for Dogs Hot Spots treatment

Instructions

1. Carefully trim the fur away from the severely affected hot spots on your dog's body.
2. Soak a clean washcloth in cool water. Gently cleanse the hot spots.
3. Apply a thin layer of 100% pure Aloe Vera gel to the hot spots. For added relief, add a drop of lavender essential oil or tea tree oil to the Aloe Vera gel.
4. Repeat this process every day, once or twice a day, until the hot spots begin to heal.
5. Once or twice a week, give your dog a cool bath with a dog shampoo infused with Aloe Vera and colloidal oatmeal. Apply the Aloe Vera gel to hot spots after the dog is dry.