

HOW TO GET SOFT & SMOOTH HANDS?



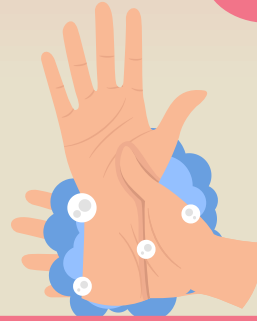
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Moisturization

Nourish hands with coconut, olive, and almond oils for deep hydration.

2



Exfoliation

Use sugar and honey or oatmeal and yogurt scrubs for smoother hands.

3



Nourishing

Cleanse with honey and milk to remove impurities and maintain moisture.

4



Herbal Gloves

Apply moisturizer, wear cotton gloves overnight for added protection.

5



Hydration

Soften hands with aloe vera gel, honey, and lemon masks.

6



Sun Protection

Homemade sunscreen guards against sun damage.

7



Nutrition

Avocado mask deeply moisturizes and nourishes skin.

8



Hand Masks

Yogurt and turmeric masks provide hydration and brightness.