

and vegetables, herbs of no particular nutritional value can also constitute an important source of antioxidants. The leaves from black and green tea (*Camellia sinensis*), long used amongst western and Asian populations, respectively, constitute an important source of potentially health-protecting antioxidants and world-wide represent the most popular form of daily herb consumption.

Vitamin C

It prevents free radical damage due to its property of donating free radicals. It is beneficial in boosting immune system. The main source of Vitamin-C is carrots, peaches, sweet potatoes, oranges, broccolis, etc.

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Vitamin E

Both plants and animals serve as a source of vitamin E. It has been found beneficial against certain types of cancer & cardiac problems. It is known as '*scavenger of free radicals*'. Vitamin E is mainly present in nuts, whole cereal grains, almonds, vegetable oils etc.

Honey:

- **Wound healing. Applying honey preparations directly to wounds or using dressings containing honey seems to improve healing. Several small studies describe the use of honey or honey-soaked dressings for various types of**

- **Men can use Aloe Vera gel as an after shave. It reduces the irritation and inflammation of the skin and heals the cuts due to shaving.**
- **Suffering from acne for a long time? Then make Aloe Vera your friend as it is the best natural remedy for curing acne and pimples and also its scars. It has antimicrobial property that helps kill the bacteria causing acne and reduces the acne marks by lightening the skin.**
- **All of us apply numerous sun blocks and creams to prevent harmful sun rays from damaging our skin. But the rays sometimes penetrate through them. Aloe Vera gel is highly beneficial for treating sunburns. It is an excellent cooling agent. Apply fresh gel on your skin every day to get immediate results. It reduces the pain and the redness of the skin and forms a protective layer which reduces further damage.**
- **It heals cuts and wounds, dermatitis and also insect bites when applied externally.**
- **Aloe gel is hydrating and moisturizes the skin well. So it can be used in all weathers to prevent dry and patchy skin.**

❖ Benefits Of Aloe Vera Juice For Hair

- **Excessive exposure to dust, sun and pollution make your hair extremely dry, brittle, and damaged. It strips your hair of all its natural oils and moisture causing split ends and dandruff. Aloe Vera is useful for all hair types, especially for dry and damaged hair. Regular use of Aloe Vera in your hair packs; make your tresses smooth, soft and damage-free.**

- **Pomegranate seed oil acts as an effective hair tonic when mixed with a carrier oil like castor oil, coconut oil, almond oil and even Vitamin E oil.**
- **16. Balances pH Level of Scalp:**
- **Pomegranate seed oil works well to balance the pH level of the scalp. It neutralizes the effect of excessive oil production, reduces hair greasiness and stimulates the hair follicles. It softens, fortifies and flushes out the dirt particles and bacteria from the scalp.**
- **17. Hot Oil Treatment:**
- **Pomegranate seed oil is often used in the hot oil treatment to soothe frizzy and curly hair. It detangles the hair and moisturizes the scalp, enhancing the appearance of the hair. It goes through the hair shaft and cures each strand from within, restoring the natural beauty of hair. It hydrates the hair follicles from within to give you a smooth, soft and shiny hair. The scalp absorbs the benefits of oil up to the seven layers deep and provides deep conditioning. Take a few drops of pomegranate oil on your palm and smooth it through the hair. The oil is non-greasy and will leave the hair pleasantly scented. You can also use this oil as a hair serum before using any heating tools.**

Apricot:

- **Prunus Armeniaca (Apricot) Kernel Oil and Hydrogenated Apricot Oil function as skin conditioning agents - occlusive.**

application of apricot kernel oil, one can reduce the appearance of fine lines and wrinkles around the eyes.

- **4. Face Oil**

Apricot kernel oil is a nice face oil, especially when compared to other heavier oils. It helps to improve skin tone, nourish the skin and lower the appearance of aging signs, like wrinkles, lines and blemishes. However, this oil should be avoided by people who are suffering from acne or are prone to acne. That is because it has a comedogenicity of 2. This means that the oil is mildly comedogenic and it can clog skin pores. This may result in acne breakouts and blackheads.

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