



Aloe Vera



Kuti mugwiritse ntchito aloe vera pochiritsa mabala, tsatirani izi:

1. Tsukani chilondacho modekha ndi sopo ndi madzi.
2. Pakani mowolowa manja gel osakaniza aloe vera mwachindunji pabala.
3. Phimbani chilondacho ndi bandeji wosabala kapena yopyapyala ngati kuli kofunikira.
4. Bweretsani ntchito 2-3 pa tsiku mpaka chilonda chichiritse kwathunthu



English



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