

Home Remedies for Dry Skin in Winter

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Prep: 0 Cook: 0 Rest: 0 Servings:

Ingredients

- ▸ Another oil (type unspecified)
- ▸ Milk powder (optional)
- ▸ Coconut oil
- ▸ Almond oil
- ▸ Water

Instructions

1. Warm oils

Boil almond oil, coconut oil, and another unspecified oil.

2. Apply oil

Apply the warmed oil to dry skin.

3. Drink water

Drink plenty of water, avoiding cold water.

4. Use milk powder (optional)

Incorporate milk powder into your routine if desired, as it is rich in omega-3 fatty acids.

Source: <https://youtu.be/XTXCQc5KpZY>