

Botanical Name-Aloe barbadensis

Common Name -Aloe Vera



Uses

1. Treats burns: Its cooling and soothing properties help heal minor burns.
2. Moisturizes skin: Hydrates without clogging pores, suitable for all skin types.
3. Heals wounds: Speeds up recovery by promoting collagen production.
4. Reduces acne: Fights bacteria, reduces redness, and prevents scarring.
5. Soothes sunburn: Alleviates pain and repairs damaged skin.
6. Treats dandruff: Hydrates the scalp, reduces flakiness, and prevents itching.
7. Promotes hair growth: Nourishes the scalp and strengthens hair roots.
8. Relieves itchy scalp: Soothes irritation and balances scalp pH.
9. Eases constipation: Acts as a natural laxative when consumed in small amounts.
10. Improves digestion: Reduces bloating and supports gut health.