

# DIY HAND-CARE RECIPES



## MILK SOAK FOR HANDS

### INGREDIENTS

- 2 cups whole milk

### INSTRUCTIONS

Heat the milk in a microwave safe bowl for 30-45 seconds until warm. Place hands in bowl and soak for 10-15 minutes. Remove hands, rinse with cold water (hot water will dry hands out) and then apply a lotion or moisturizer to your skin.

## MILK & HONEY OAT HAND EXFOLIATING SCRUB

### INGREDIENTS

- 2 tablespoons oats, ground (or use Instant Oats)
- 2 tablespoons raw honey
- 1 tablespoon whole milk

### INSTRUCTIONS

Use a food processor or blender to grind the oats into a rough powder. Combine the ground oats with honey & then add in the milk. Scrub on to hands like you're washing your hands, then allow to sit for 10-20 minutes. Remove with a warm washcloth & follow up with cleansing milk.



## CUCUMBER HONEY CLEANSING MILK

### INGREDIENTS

- 2 cucumbers
- 1 /4 cup honey
- 2 cups whole milk

### INSTRUCTIONS

Cut peeled cucumber in half lengthwise & scrape out seeds using a spoon. Chop the remaining cucumber & put it in a blender. Add honey & milk, & gently pulse to a pureed consistency & pour mixture into a bowl. Soak hands for 5 minutes. Then rinse off with warm water.

## AVOCADO MILK MASK

### INGREDIENTS

- 2 avocados
- 2 cups whole milk

### INSTRUCTIONS

In a small bowl, mash the avocado together with milk using a fork. Apply it to hands and relax with the mask on your hands for 5-15 minutes. (Optional to wear latex or plastic gloves over hands). Wash it off with warm water. Follow up with cleansing milk.

