



Aroma Treasures Aloe Vera Gel Review



Aloe Vera ' The Miracle Plant'



The Plants for Benefit of Man

Ps. 104:14; Gen 3:18; Eze.
47:12-God created plants not
only for decorating the earth but
for the benefit and health for all
mankind.

History of Aloe Vera

- › Aloe Vera has been found in writings of various cultures as far back in Greek, Egyptians, and Roman Era. References to Aloe Vera has been found in early Chinese and Indian cultures. Ancient writings have described the benefits of Aloe Vera with its therapeutic advantages and healing properties lasting for over 4000 years. One of the earliest records of Aloe Vera is on a Sumerian tablet from 2100 B.C. In 1862, the record of Aloe Vera was found in an Egyptian papyrus dated 1550 B.C. and it is noted that Egyptian Queens linked usage of Aloe Vera with their physical beauty. It was used to great lengths by Greek and Roman physicians.

Aloe Vera 4 layers

- › The structure of Aloe Vera is made up of four layers
- › Rind which outer protective layer
- › Sap is a layer of bitter fluid which assists to protect the plant from animals
- › Mucilage Gel-the inner part of the leaf that is filleted out to make Aloe Vera gel
- › Aloe Vera (inner gel) which has 8 essential Amino Acids that human body needs but cannot produce
- › Aloe Vera has a bitter taste in raw state. In order to make it pleasant you can add fruit juice. The Aloe Vera 'Gel' refers to inner leaf only. The Aloe Vera 'Juice' refers to 'Aloe Latex' a bitter substance located under skin of the leaf.



Uses of Aloe Vera

- › Aloe Vera is known as the “burn plant”. It has been use for topical treatment for minor wounds and burns and skin irritations for centuries.
- › A home remedy for asthma is to boil some Aloe Vera leaves in a pan of water and breathe the vapor.
- › Aloe Vera is effective in treating Eczema and Psoriarsis, a product known for treating those disorders is Aloe Propolis Creme.
- › Aloe Vera taken internally can help constipation, ulcers, diabetes, headaches, arthritis, and coughs. The side effects of taking aloe internally can be pain, electrolyte imbalances, and diarrhea.
- › Aloe Vera is best used when fresh from the plant. It has been used for cold sores or mouth sores.

Benefits of Aloe Vera

- › Aloe Vera is very useful to patients that suffer from severe and various skin diseases. It has rejuvenation action. Aloe Vera works as a moisturizer and hydrates the skin. When absorbed into the skin Aloe Vera stimulates fibroblasts cells and makes them to regenerate themselves faster. The cells produce collagen and elastin so the skin will get smoother and look younger under effects of Aloe Vera.
- › Aloe Vera is natural, it works gently within the intestinal tract to assist the process of breaking down food residues that have become impacted and help clean out the bowel. Once the bowel is cleaned out, Aloe Vera reduces discomfort and bloating

How to Grow Aloe Vera

- › When grown outdoors in warmer climates they should be planted in full sunlight, or partial shade. Give a balanced liquid feed during growing season. If growing Aloe Vera indoors it is best to place it near a window that receives a lot of sun. During summer you can move the pots outside. Watering should be a small amount during winter months but during summer the plant needs a lot of water. Full grown Aloe Vera plants are available at almost any garden supplies shop or plant nursery.
- › www.disable-world.com/artman/publish/aloe-vera.shtml



8 Remedies You Can Make with Aloe Vera



8 Remedies made from Aloe Vera

- › Shaving cream: mix 1/3 cup aloe vera gel, 1/4 cup castile soap or hand soap, 1 Tbsp. almond oil, 1/4 cup distilled warm water, 1 tsp. vitamin E oil, and 5 drops of eucalyptus oil in a foaming bottle or clean soap pump dispenser. Shake well before you use, and keep refrigerate up to 6 months.
- › Soothing ice cube that can be use for too much sun exposure, bug bites, poison ivy and even psoriasis. Just get an ice cube tray and fill with aloe gel and freeze.
- › Facial wash: Mix 1 Tbsp aloe vera gel, 1tsp. almond milk, and 1 tsp. lemon , wash and let sit for a few minutes before rinsing. Some minerals found in aloe are antibacterial, this facial wash is perfect for sensitive skin, rosacea, and breakouts. You want an anti-aging boost? Mix 1 Tbsp aloe with 1 tsp 100% raw organic coconut oil, massage into hands until the contents are warm, then wash and rinse.

8 Remedies Made from Aloe Vera

- › Exfoliation is essential if you want to reveal glowing, fresh skin. Aloe is a great base for homemade scrub because it assists in softening your skin and supply oxygen to your cells, thus making the tissues strong to produce vibrant skin. Exfoliator: Mix 1/2 cup of aloe with just enough brown sugar or baking soda to get a gritty not sharp texture. Rub it on your elbows, heels, arms, or wherever else need softening in the shower.
- › Bad breath: Drink up to 1/4 cup pure aloe vera dissolved in a 1/2 cup of water or apple juice. Anti-inflammatory compound called B-sitosterol found in Aloe vera calms acid indigestion, major cause of bad breath. Taken in large doses aloe vera can work like a laxative.
- › Beauty sleep: Blend pure aloe juice with 3 inches of cucumber and half an egg white for a hydrating mask you can wear to bed.

8 Remedies Made from Aloe Vera

- › Foot mask that makes dry, cracked feet baby soft. Mix together 1/2 cup oatmeal, 1/2 cup corn meal, 4 Tbsp. aloe vera gel, and 1/c cup unscented body lotion and rub all over tired feet until well exfoliated. Let it sit for 10 minutes, then rinse with warm water.
- › Hand sanitizer: Mix 1/2 cup aloe vera gel, 1/4 cup alcohol, and 20 drops of your favorite essential oil and pour into a spritz bottle. The aloe will soothe your skin and alcohol fights the germs. In order to use it, spritz once and rub between hands.
- › www.prevention.com/beauty/skin.../10-things-you-can-do-with-aloe-vera

