

- Aesthetics

## Beauty benefits of honey

### O Here are seven amazing beauty benefits of honey you need to know

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HONEY is a delicious, golden liquid produced by bees. Honeybees store their honey in hexagonal cups known as honeycombs. Raw honey is extracted directly from the honeycomb. Bee pollen, beeswax, and remnants of deceased bees are all found in hive honey. Honey makers will normally filter raw honey to remove as many contaminants as possible, but some will always remain.



Honey is a popular and commonly used sweetener with several health and beauty advantages. Its beauty benefits have long been recognised, and it has long been a popular ingredient in skincare products because it makes skin seem younger, increases radiance, and leaves skin incredibly smooth.

#### Perfect hair conditioner

Honey is considered as a natural hair conditioner that helps your hair retain moisture, making it appear smooth and silky. Honey's antioxidants and nutrients feed hair follicles, causing them to grow strong and healthy. Apply raw honey to moist hair before shampooing and leave it on for 15 minutes. Rinse well with warm water. Use this on a regular basis for at least 2-4 weeks. Honey is high in nutrients and helps to nourish hair follicles and hair. It is a powerful therapy for promoting natural hair growth.

#### Treat acnes and cleanses pores

Honey is inherently antimicrobial, which is why it makes an excellent face cleanser. It cleans grime and debris with only raw honey and water. Because of its anti-fungal characteristics, honey may also be used as a cleanser to help prevent some types of outbreaks. Honey may be placed on pimples to help them heal faster for a more effective impact.

#### Weight Loss

Drinking warm water with honey and a splash of lime first thing in the morning is said to be an excellent anti-cellulite therapy since it helps to enhance body metabolism. But, at 64 cal-

ories per tablespoon, how can honey help you lose weight? When honey is consumed before going to bed, the body begins to burn more fat during the early hours of sleep. You may even go a step further and replace all refined sugar in your diet with honey to reset the brain signal that causes you to crave sweets.

#### Bath recipe

Take a honey-infused bath to boost your relaxing attempts. Adding half a cup of honey and a cup of full fat milk to a warm tub for an absolutely exquisite DIY luxury bath. Mix well and top with a few organic rose petals. Soak in the tub for an extended period of time. The milk and honey will soften your skin, making you feel like the regal person that you are.

#### Skin moisturizer

Honey's strong enzymes serve as a natural humectant and emollient, hydrating your skin naturally. These qualities keep the skin moisturised even after prolonged exposure to sunshine. Raw honey's hydrating and soothing properties make the skin appear smooth, luminous, and beautiful. Apply 1-2 teaspoons raw honey to your face and rub it in well. Allow it to sit for 15-20 minutes before rinsing well with water.

#### Reduces wrinkles

Honey hydrates your skin's top layers and aids in the reduction of wrinkles and fine lines. It nourishes the skin, which calms dry, irritated, and wrinkled skin. It also serves as an antioxidant, delaying the ageing process and making you seem younger and more luminous. Make an anti-aging honey mask by combining a spoonful of honey with whole milk, or yoghurt. Allow the mixture to rest on your face for at least 30 minutes.

#### Lip Balm

Another of honey's skin and hair advantages is that it may be used as a lip balm. It may be used to soften chapped and dry lips, just as it can be used to moisturise your skin. Honey's hydrating properties, as well as the inclusion of minerals, enzymes, and antioxidants, making it an ideal lip balm. Simply apply raw honey to your lips, wait a few minutes, and then rinse.

Raw honey may include nutrients that normal honey lacks. This suggests that raw honey may provide additional or more substantial beauty benefits. Raw honey may include other components, such as bee pollen and propolis, which have antioxidant and antibacterial qualities. It's a sticky and sweet substance that has natural healing properties. It is an excellent skin and hair care ingredient. It also has the greatest effect on the entire body and provides several beauty advantages. After all, honey is the best when it comes to beautifying your skin.