

Natural Remedies

And Tips For Your

Child's Healthy Skin

A topical application of **turmeric and milk** mixture. Turmeric can help with acne, and its curcuminoids have anti-inflammatory properties and antioxidants.



Use of natural products such as **aloe vera gel** instead of chemicals. Aloe vera can help retain moisture while improving the quality of the skin.



A **coconut oil** massage. The oil contains anti-inflammatory and hydration properties and is one of the most used natural moisturizers that can also strengthen the bones and muscles.



Inclusion of more **fruits and cereals** in the children's diet. The antioxidants in fruits can reduce the risk of skin damage.



A topical application of a **chickpea flour paste** in milk or water. Chickpea flour helps with oily skin and is a good exfoliator to remove dead cells.

