

Client: WeStyleAsia.Com

6 Amazing uses for Honey

Level up your beauty routine with these honey hacks



Image Source: <https://www.pexels.com/photo/spoon-honey-jar-glass-8257/>

It is often said that if you can eat it then you could probably wear it. An odd little saying but it is almost on point.

In this case, it's honey. This sweet and sticky substance is an amazing antioxidant, full of minerals that helps us on the inside as well as on the outside. My grandmother used to slather raw honey on brother's acne prone skin and it actually worked!

But the benefits do not stop there! Think of honey as a beauty hack chameleon. Use it for your hair, nails, face, body, lips and even your feet. However, before you marinate yourself in the gooey goodness, ensure that the honey you are using is pure and authentic. Manufactured honey contains artificial sweeteners and harsh chemicals that will just tear down the protective layers on your skin.

Next problem is probably staring down the isle of over hundred honey brands that say “100% Pure Honey!” and wondering which one you should trust.

Here is a little tip on how to test if the honey is real or not:

Tip: Real honey is so viscous that if you were to pour it into water, it would drop straight down. Fake honey will readily dissolve when mixed with water.

Tip 2: Drop a little bit of honey on your finger. If it rolls down like a water droplet, it is fake. Real honey will maintain its shape and remain as a lump of your finger making it hard to actually drip.

On a side note, pure honey is not cheap. So if you find a jar of honey for RM10, it is probably fake.

1) Honey for Scars



Image Source: <https://pixabay.com/en/acne-pores-skin-pimple-female-1606765/>

Did you know that Honey has been scientifically proven to be an amazing aid for tissue regeneration? In addition to being mild, honey is able to fade scars while keeping your skin clear of bacteria!

2) Honey as a Cleanser



Image Source: <http://beautyhacked.com/article/6-ways-to-make-a-moisturizing-honey-face-mask/>

Here is another fact! Honey is antibacterial which means it will never rot, it may begin to crystallize but it you will not be seeing any mould in it. Therefore, it makes a great cleanser for those with acne and dry skin. Rub on a small amount of honey onto your face and rub as you normally would with a regular cleanser. Rinse off and moisturize! Do this daily and you will see changes in a month!

3) Honey as Lotion



Image Source: <https://www.groupon.com/deals/sasha-g-salon-and-spa-4>

Now, this is not something you leave on all day unless you want a trail of ants behind you. What you need to do is mix a teaspoon of olive oil or coconut oil with a tablespoon of honey. Add according based on how much you want to cover and leave the mixture on for 30 minutes before wiping it off.

4) Honey as Hair moisturiser



Image Source: <https://www.pexels.com/photo/woman-morning-bathrobe-bathroom-4614/>

Dry and limp hair? Honey away! Take a tablespoon of raw honey and coconut oil. Mix well and massage it onto your hair. Leave it on for 15 minutes before rinsing it off with hot water. Avoid cold water as you want the honey to melt. Before you freak, this author promises that the stickiness is only for a while! Trust me when I say that after a couple of rinses, it washes right out. Friendly tip: wash your bathroom after, trust me, just do it if you don't want ants.

5) Honey Lips



Image Source: https://unsplash.com/search/lips?photo=T_Sn8WCiRiA

As someone with constant dry lips, honey was my saving grace. Take a small amount of honey and rub it on your lips. Let it sit for a good 20 minutes before you lick it off. The only challenging part here is controlling yourself to not lick it up before the 20 minutes is up.

6) Honey for feet



Image Source: <https://www.pexels.com/photo/feet-toes-limbs-legs-57654/>

Wearing covered shoes all day without proper cleaning may lead to an athlete's foot. Soak your feet in a tub filled with lemon, salt and honey. Take about half a lemon, 1 tablespoon of salt and 2 tablespoons of honey and mix well in hot water. Soak your feet in it for about 30 minutes before rinsing off with warm water. Remember to scrub your feet clean first or else you will be stewing in your own filth. Do this daily until the bacteria dies off.

Honey is an all-rounder; you can use it for almost anything! Experiment with facial masks and watch as your beauty routine take on a whole new level!