



مخفوق الحليب بالتمر و عسل مانوكا

5 • 5

Capilano Active Manuka عسل مانوكا النشط حويلا



500

5

2

Ingredients

- 500
- 8-6

Method

- 1.
- 2.

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- 2 tablespoons of honey
- 1 tablespoon of lemon juice
- 1 tablespoon of apple cider vinegar
- 3-2 tablespoons of water

Method

3. Mix the ingredients: honey, lemon juice, apple cider vinegar, and water.
4. Apply the mixture to your skin and massage it in.

Used in this recipe



Manuka Honey

Manuka honey is a unique type of honey produced by bees in the Manuka region of New Zealand. It is known for its health benefits and is often used in skincare products. The honey is made from the nectar of the Manuka bush, which is a rare and ancient plant. The honey is rich in antioxidants and has a long shelf life.

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*Vella, G. 2016. 215 pages. CSIRO.

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