

DIY LIP SCRUBS

She wants them smooth, not rough. Rahul Agarwal, CEO, Organic Harvest, suggests some DIY lip scrubs recipes for a fuller and luscious mouth

Cinnamon sugar lip scrub

You'll need: 1 tbsp coconut oil, 1 tbsp honey, 1 tbsp powdered brown or white sugar, 1 tbsp cinnamon powder

Benefits: Coconut oil hydrates and protects your lips from cold air which can dehydrate it. Honey lightens the skin and moisturises your lips. Cinnamon powder naturally plumps lips when used regularly over a period of time.

Coconut lime lip scrub

You'll need: 1 tbsp coconut oil, 1 tbsp honey, 1 tbsp powdered brown or white sugar, 1 tbsp lime juice

Benefits: Sugar gently exfoliates and removes dead cells that lead to chapped lips. Lime juice also helps lighten your lips and gives it a fabulous shine. **Tip:** store the leftover scrub in an air-tight container and refrigerate till the next use. Let it rest outside for five minutes before applying it.

Method: Mix all the ingredients in a bowl till you achieve a wet sand consistency. Apply a dab of the mixture on your lips and gently massage for two minutes. Leave it on for two minutes before washing with water and finish with a lip balm.