



## **Benefits of Sugar in Skin Care**

By Yvonne Lemmon

We've all been advised to minimize our consumption of sugar. Yes! It's true we all should reduce our added sugar intake and eat healthier. It's not all bad, natural sugar is good for us in moderation and provides us with energy, helps regulate our metabolism and can lift our mood. But you don't have to eat sugar to enjoy its amazing benefits.

Sugar is one of the best natural beauty ingredients for your skin, your largest organ. When granulated sugar is applied to your skin topically, in conjunction with an oil, it can soften skin by removing dead skin cells. It's also mild and good for all skin types. For very sensitive skin brown sugar is even milder and less abrasive. Sugar is both a natural exfoliant and also humectant so it can remove dull, dead skin while locking in moisture. Sugar helps to balance and maintain your skin's equilibrium and help prevent aging.

Did you know that sugar contains Glycolic acid? I'm sure you've heard of it in cosmetics as it is known to help stimulate cell regeneration and can help sun-damaged or aging skin. Glycolic acid can penetrate deep layers of the skin and encourages new skin cells and glowing skin.

**Love Your Skin Sugar Scrubs** contain white Granulated Sugar, Coconut Oil, a blend of Cocoa Butter, Shea Butter and Vitamin E, all skin-loving ingredients that moisturize, smooth and soften skin. Best of all you don't have to spend a lot of money to Love Your Skin!

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Thank you for visiting. Have a good day.

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