

FOR SKIN GLOW

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GUILDLINE BY SANJAY G. M.

- Stop all maida items, cookies, white bread & any kind of pack foods.
- Use Kapurkachri (कापूरकाचरी) powder for evening face wash, keep 1 minute & then wash.
- In dinner as a salad eat Fenugreek Leaves
- Face massage 2-3 times a week by (use below anyone items for massage)
 1. Papaya
 2. Badam rogan oil
 3. Flaxseed powder held in transfer cotton cloth dip in milk & massage.
- Drink every day any fruit Juice like :-
 - Sweet Lemon
 - Lemon
 - Orange
 - & other

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.