



## SOFT HANDS AND STRONG NAILS

### BENEFICIAL PROPERTIES OF NATURAL PRODUCTS

The first and most immediate use of olive oil regards hands with dry skin, especially in the colder periods of the year. Simply pour a few drops on your palm, then also massage on back and fingers, leaving it for a few minutes. The softening effect will be almost immediate, then you can proceed with the common washing to remove any greasy residue.

The extra-virgin olive oil can be used directly on your skin as a single ingredient or be combined with other ingredients (lemon, yogurt and milk) for hands skin hydration and restoring nails.

Among its several properties, lemons can be used in cosmetics to tone up body skin because it is an

excellent astringent against wounds and pimples; it is also a cosmetic helper in case of cellulite and helps reducing skin spots.





Azienda Agricola  
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# Hands and Nails

SECRETS OF BEAUTY

## OLIVE OIL AND LEMON WRAP

Lemon and olive oil are natural reinforcing products.

### INGREDIENTS

- 1 spoonful of olive oil
- 1 spoonful of lemon juice

### METHOD

To have smooth hand skin and strong nails: mix energetically the two ingredients until you have a solution that will be merged for one or two minutes before olive oil and lemon juice separate from each other: apply immediately on your hands and leave it for at least 30 minutes.

Wash with water and a delicate soap.

Massage your nails every evening with the mentioned solution and repeat the treatment two or three times a week to prevent skin ageing and to avoid dark spots appearing.

## IMPACCO OLIO, LIMONE, YOGURT E LATTE

### INGREDIENTI:

- 2 spoonful of olive oil
- 1 spoonful of lemon juice
- 3 spoonful of yogurt
- 1 spoonful of milk.

### METHOD

Mix the ingredients together and apply the solution on your nails leaving it laying for 20 minutes.



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