



# SOUR ADVICE

LL – lemon's lifehachs





# 1.Lemom like is a remedy for unpleasant smells.



Did you eat a bow, a garlic or may be did you smoke? Are you going to go to a meeting? Don't worry! Eat a lemon! Keep it into your mouth.

You can add sugar , if my advice was too sour )))



## 2. Sour hair styler



Fix the curls, the volume at the roots or something like that. Apply lemon juice on the hands then on the hair.

If you need in strong fixation do it on the dry hair.

If you need in light fixation do it on wet hair.



### 3. Sour colorist

Apply a little lemon juice on the hair and go to the sun!

You will get nice sombre effect on the your hair





## 4. The sour bleach

Highlighted your nails! Bleach your nails!

You need in a lemon peel for it.





## 5. The first sour doctor.

Do you have a high pressure?

Lemon help you!!!

1l kefir + 1 lemon's juice

Drink during the day, one gulp  
at a time.

This is for stabilization of  
pressure.





## 6. The second sour doctor

Do you have a cough? Do you have a sore throat?

- Boil a whole lemon 10 min
- Let it cool down in a natural way
- Cut and squeeze out the juice
- Add liquid honey to lemon's juice 1:1
- Take 1 teaspoon 5-6 times a day after meal. This is for children.
- Take 1 tablespoon 5-6 times a day after meal. This is for adults.



