

SOURADVICE

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)))



<u>2. Sour hair</u> <u>styler</u>



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.

<u>3. Sour colorist</u>

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

You will get nice sombre effect on the your hair





<u>4. The sour</u> <u>bleach</u>

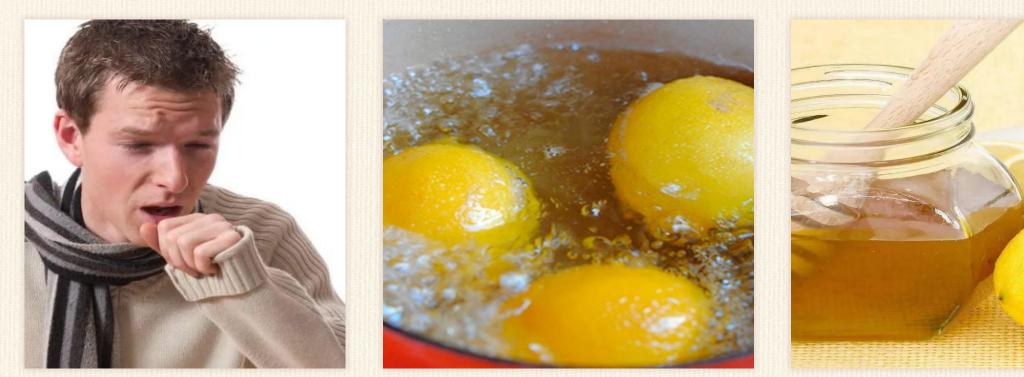
Highlighted your nails! Bleach your nails!

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.

