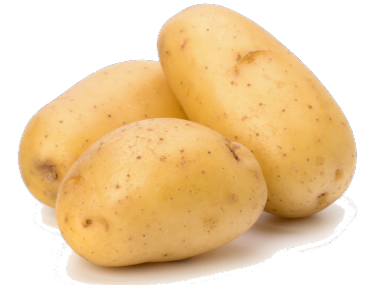


Potatoes

Health Benefits of Potato Juice



Skin Care

Keep wrinkles at bay by dabbing potato juice gently on the face everyday. This also gives your skin a youthful glow

Dip cotton balls on potato juice. Put them under your eyes every night before going to sleep. In a week, you can say goodbye to those unsightly dark circles.

Potato juice is a natural skin lightener. Mix it with lemon juice and apply on the dark areas of your skin. An alternative is mixing potato juice with cucumber.



Hair Care

Mix aloe vera and potato juice to bring back the healthy shine of your dry and frizzy hair.

Instead of using water to rinse off shampoo from your hair, use potato juice as it helps darken grey hairs and give it a beautiful glow.

Health Care

Potato juice helps flush out toxins from the body. Toxin overload can deteriorate your immune defence. So by drinking potato juice for detoxification, it helps strengthen your immune system to fight off mouth corner cracks.

Potato juice can aid in weight loss. Drink it twice a day—first in the morning on an empty stomach and next, at night about two to three hours before sleeping.