

Jinsi ya kutumia maziwa ya mtindi kufanya ngozi yako kuwa laini na soft

By SW - Melkisedeck Shine · February 18, 2023

Dondoo za Urembo na Mitindo · #Karibu AckySHINE · #SMS, Vichekesho, Mahusiano, Biashara na Ujasiriamali, Afya, Chemsha Bongo, Dini pamoja na Vitabu kwenye PDF

Ulisha wahi kukaa ukajiuliza mbona kuna baadhi ya watu wana ngozi nzuri laini na soft? lakini kwako ni tofauti?

Jaribu hii Home made Yogurt Cleansing, Tumia mtindi ambao hauna mafuta mengi au hauna kabisa (low fat),

Paka mtindi wako usoni fanya kama una sugua kwa muda mchache halafu uache kwa dakika 15, fanya hivi mara mbili kila siku na utapata matokeo kwa muda mchache.

Hii husaidia kuondoa cell za ngozi zilizo kufa (dead skin cells) na protein tighten the pore.

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