Make Your Own Natural Hand Cream For Hard Working Hands

Categories: Homesteading

Sore, rough, cracked, and aching hands? Working outdoors and working indoors (due to detergents and chemicals we use around the home) can play havoc with your hands and cause
them to become dry and sore.

Millions of people spend fortune on hand creams and moisturizers, but did you know that all hand creams contain pretty much the same base ingredients? Almost all hand creams contain a liquid oil, a solid oil, an emulsifier and water. Many of the fancy creams simply add additional things to make their creams smell nice and justify the price they charge. But many (most!) also put in nasty preservatives and additives to give their product a longer shelf life.

Here's the thing though - *Almost all hand creams contain a liquid oil, a solid oil, and emulsifier and water.* We can make this ourselves and have a nice natural hand cream (with no nasty additives) at a fraction of the price.

Check out this excellent article on making your own gardener's hand cream which would be great for anyone with dry/sore hands. The article contains the basic hand cream recipe with full instructions on how to make it.

Give your hands some LOVE and save a load of money too! A win, win.

See: [Make your own gardener's hand cream](http://knowledgeweighsnothing.com)

Also check out: [Making Herbal Hand Creams and Salves ($3.95 Amazon)](http://knowledgeweighsnothing.com)