

Amazing Aloe vera

This large succulent boasts a myriad of **health benefits** thanks to the well-known **aloe vera gel** it produces within its long leaves.



Treat small nicks and cuts



Treat sunburn and 2nd-degree burns

Not only are Aloe veras incredibly useful, they are **hardy, low maintenance** plants that are **easy to grow**.



These **sun-loving** plants should be placed in full sun.



If planting in a pot, select a **terracotta** or **plastic** container that will allow the soil to dry out quickly. The pot should also be heavy enough to avoid tipping over.



Use well-draining potting soil to allow for **easy draining** and prevent the roots from rotting.



Water **only** when the soil has **dried completely**. Over-watering of these desert plants is the number one reason they die.



Provide relief against insect bites



For Aloe vera tips on how to extract the gel, scan this QR code and visit www.lifeisagarden.co.za

