

Garlic & Apple Cider Vinegar Wash

A natural alternative to dealing with bacteria and fungus on the skin

You will need

6 cloves of crushed garlic

Juice of 1 lemon

NRG Apple Cider Vinegar

How to create

Infuse garlic in boiling water for a few minutes. Once cooled to body temperature, add freshly squeezed juice of one lemon and the same quantity of NRG Apple Cider Vinegar. The amount of water used depends on the area you are washing. If area is sore or tender, use more water. Apply with a clean sponge and leave to dry.

