

### Introduction

Glycerin, a sugar-alcohol compound, (the pure chemical product is called Glycerol, while the impure commercial product is called Glycerin) is an organic compound composed of carbon, oxygen and hydrogen. It's a thick (viscous), colorless and odorless liquid. It is soluble in water, sweet to taste and is non-toxic too. It is used extensively in the making of soaps, anti-ageing gels, and even moisturizers. It is also widely used as ingredients in drugs and pharmaceuticals, food sweetening and in the paper and printing industry to make printing ink.. It is 100% natural and nourishes your skin from within. With glycerin, you can bid adieu to side effects such as rashes and breakouts and welcome a soft and supple skin!

Source: <https://healthnbodytips.com/>

### Uses

1. It can be used as a cleanser.
2. It can be used as a toner.
3. It is a wonderful skin moisturizer.
4. Applying the diluted version makes hands smooth.
5. It helps retain moisture in the skin and thus nourishes dry skin.
6. It plays an important role in cell maturation.
7. It cures oily skin problems like pimples, acne and blackhead.
8. It is 100% natural and gentle on the skin and thus can be used on infants and kids.
9. Glycerin is non-toxic in nature, and can be used to treat chapped lips.
10. It can be used to treat mouth ulcers.
11. Wash your feet well and apply glycerine on your cracked heels. It works like magic in healing your cracked heels overnight.
12. It can also be used as a sunscreen to some extent.
13. It removes clogged impurities and helps in lightening skin shade.
14. Glycerin also gives the skin a soft and supple feel.
15. Apply a coat of glycerine on your nails after removing nail paint. It prevents them from looking dried up.
16. Apply raw glycerine directly on scars that are especially caused burns, acne or wounds to get rid of them. Also read : Remedies To Get Rid Of Body Acne
17. People with dry skin can apply raw or diluted glycerine on skin. It is way better than those costly creams and parlour treatments.
18. It can be used for skin lightening.

### Uses (cont)

19. It helps reduce wrinkles thus makes the skin look younger.

### Glycerin



Source: <https://www.top10homeremedies.com/news-facts/know-10-uses-glycerin.html>

### Vegetable Glycerin

Vegetable glycerin is a colorless and odorless liquid. It's produced from vegetable oils (plant oils, palm oils or coconut oils). It is widely used in cosmetic products, foods and as a replacement for alcohol in herbal and botanical tincture.

#### Vegetable Glycerin Uses For Skin

- It is used for anti-ageing treatments.
- It is used as replacement of alcohol in herbal tinctures.
- It is used in acne treatments.
- It is used in washing soaps and gels.
- It helps in retaining skin moisture.
- It shows positive effects on skin cancer.

### How Can Glycerin Be Used On Soft Skin?

Who does not dream of baby like soft skin? If your skin is dry and lifeless, then it is time you tried Glycerin. It is inexpensive, easy to use and works wonders on dry and parched skin. Massaging your skin with glycerin diligently every single day will help reveal hydrated, fair and glowing skin that you have always dreamt of.

**How to Use:** Mix a tablespoon of glycerin with ten tablespoons of water. Apply this before going to bed at night. Wash off the next morning

### Anti-ageing treatment:

If your skin is riddled with fine lines and wrinkles, you are sure to benefit from using glycerin. This gooey liquid has been used since time immemorial in treating myriad of skin conditions, especially wrinkles and other signs of ageing.

**How to Use:** Break an egg white into a bowl and gently beat it using a spoon until it is light and frothy. To this add a teaspoon of honey and one teaspoon of glycerin. Mix well and apply it onto your face using your fingertips in upward circular strokes. Leave it on for about 20 minutes and wash off with warm water. The egg white helps remove the impurities and keeps the skin clean and soft.

C

By [deleted]  
[cheatography.com/deleted-2754/](https://cheatography.com/deleted-2754/)

Published 19th January, 2018.  
Last updated 19th January, 2018.  
Page 2 of 2.

Sponsored by **Readable.com**  
Measure your website readability!  
<https://readable.com>