



ALOE SECRETS

everyday needs

THANKS FOR TRUSTING

Thank you for choosing ALOE SECRETS, we truly value your trust in us. We understand that there are many great options on the market, which is why we strive to offer you the best in our very unique way.

Our mission is to share the secrets of aloe vera with the world and promote the natural benefits offered to everyone. We are excited to take you on a journey through the wonders of this amazing plant. We're here to revolutionize your daily routine and help you unlock the secrets of this amazing plant.

With this e-book, we want to bring you different ways to make the most of our ALOE SECRETS products. We believe that aloe vera is a versatile plant with many benefits, and we're excited to share our favorite tips, tricks, and recipes with you. From skincare to daily routines, we want to show you how easy it is to incorporate aloe vera into your life. Whether you're a seasoned aloe vera user or a newcomer to this remarkable plant, our e-book has something for everyone.

We hope that you enjoy exploring our e-book and that it inspires you to incorporate aloe vera into your life in new and exciting ways.

Thank you again for joining us on this journey!"

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Are you ready to discover the secrets of aloe vera in your everyday life?

In this e-book, we've put together some of our favorite recipes using ALOE SECRETS gel and juice, so you can start benefiting from the power of this miraculous plant.

Welcome to ALOE SECRETS! We are a brand dedicated to sharing the secrets of aloe vera with the world so that everyone can benefit from its incredible properties. Our mission is to make aloe vera a part of people's daily routines by offering accessible, affordable, and effective products made with the freshest and highest quality California-grown aloe vera.

We believe that nature holds the key to our well-being, and aloe vera is one of the most versatile and powerful plants out there. Our unique formulas are designed to meet a variety of needs and preferences.

We're excited to share our love of aloe vera with you, and we hope that our products and e-book will help you discover new and creative ways to incorporate aloe vera into your daily routine."



ALOE SECRETS GEL

ALOESECRETS offers a unique Aloe Vera Gel that goes beyond moisturizing the skin - it's a secret weapon for overall well-being. Made from freshly cut, California-grown aloe leaves, the gel contains natural compounds that improve skin elasticity, reduce inflammation, and promote healthy skin regeneration. The gel is pure and potent, with no added powders or artificial ingredients. Its secret seaweed extract formula allows for rapid absorption and lasting results. The gel's benefits extend beyond skincare, from promoting digestion to boosting immunity. Customers can unlock the secrets of healthy and radiant skin with Aloe Secrets' Aloe Vera Gel, which can soothe sunburns, calm rashes, and improve the overall health of skin and hair.

ALOE SECRETS JUICE

ALOE SECRETS offers a unique Aloe Vera Juice that can be mixed with your favorite beverage, providing a refreshing taste and a secret to boosting your immune system and promoting healthy digestion. With natural compounds that promote hydration and nourishment, our juice is a convenient way to supplement daily nutrient intake. Our juice is made without artificial flavors, colors, or preservatives, ensuring a pure and refreshing taste. ALOE SECRETS Aloe Vera Juice is the secret to unlocking your body's vitality and feeling your best every day.



FACE

“DISCOVER NEW
AND CREATIVE
WAYS OF ALOE
VERA”

NOURISHING ALOE VERA FACE MASK

Ingredients

- 2 tbsp of aloe vera gel
- 1 tbsp of honey
- 1 tbsp of olive oil

Preparation

1. Mix all ingredients until they form a smooth paste.
2. Apply the mixture to your face and leave it on for 15-20 minutes.
3. Rinse with lukewarm water and pat dry.

Benefits

- Helps to moisturize and hydrate the skin.
- Helps to reduce the appearance of fine lines and wrinkles.
- Helps to soothe and calm irritated skin.

SECRET TIPS

- Apply this mask once a week for the best results.
- Use raw honey for additional benefits.

SOOTHING ALOE VERA FACE SERUM

Ingredients

- 1/4 cup of ALOE SECRETS gel
- 2 tbsp of jojoba oil
- 5 drops of tea tree essential oil

Preparation

1. Mix all ingredients in a small bowl.
2. Transfer the mixture to a dropper bottle.

Benefits

- Helps to hydrate and nourish the skin.
- Helps to soothe and calm irritated skin.
- Helps to reduce the appearance of blemishes.

SECRET TIPS

- Apply a few drops to your face before bed.
- Use as a spot treatment for blemishes.

EXFOLIATING ALOE VERA FACE SCRUB

Ingredients

- 2 tbsp of ALOE SECRETS gel
- 1 tbsp of coconut oi
- 1 tbsp of brown sugar

Preparation

1. Mix all ingredients in a small bowl.
2. Gently massage your face in circular motions.
3. Rinse with lukewarm water and pat dry.

Benefits

- Helps to exfoliate and remove dead skin cells.
- Helps to moisturize and hydrate the skin.
- Helps to improve the texture and appearance of the skin.

SECRET TIPS

- Use once a week for best results.
- Use a gentle touch to avoid irritating the skin.

REFRESHING ALOE AND CUCUMBER MASK

Ingredients

- 1/2 cup fresh ALOE SECRETS gel
- 1/2 cup cucumber, chopped
- 1 tablespoon honey

Preparation

1. Combine all ingredients in a blender and blend until smooth.
2. Apply to the face and leave on for 15 minutes.
3. Rinse off with warm water and pat dry.

Benefits

- Reduces inflammation and redness.
- Hydrates and soothes the skin.
- Improves skin elasticity and firmness.

SECRET TIPS

- Keep the mask in the fridge for an extra cooling effect.
- Use this mask after a long day in the sun to soothe and refresh the skin.

ALOE AND TURMERIC BRIGHTENING MASK

Ingredients

- 1/2 cup fresh ALOE SECRETS gel
- 1 teaspoon turmeric powder
- 1 teaspoon of lemon juice

Preparation

1. Combine all ingredients in a bowl and mix well.
2. Apply to the face and leave on for 20 minutes.
3. Rinse off with warm water and pat dry.

Benefits

- Brightens and evens out skin tone.
- Reduces the appearance of dark spots and blemishes.
- Provides antioxidant protection.

SECRET TIPS

- Use this mask once a week for the best results.
- Be careful not to get any turmeric on your clothes or towels as it can stain.

BONUS

COOLING ALOE VERA EYE MASK

Ingredients

- 1/2 cup fresh ALOE SECRETS gel
- 1 teaspoon turmeric powder
- 1 teaspoon of lemon juice

Preparation

1. Combine all ingredients in a bowl and mix well.
2. Apply to the face and leave on for 20 minutes.
3. Rinse off with warm water and pat dry.

Benefits

- Brightens and evens out skin tone.
- Reduces the appearance of dark spots and blemishes.
- Provides antioxidant protection

SECRET TIPS

- Use this mask once a week for the best results.
- Be careful not to get any turmeric on your clothes or towels as it can stain.



HANDS

“DISCOVER NEW
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VERA”

ALOE VERA AND LEMON HAND SCRUB

Ingredients

- 1/2 cup fresh ALOE SECRETS gel
- 1/2 cup sugar
- 2 tablespoons lemon juice
- 2 tablespoons olive oil

Preparation

1. Mix all ingredients in a bowl.
2. Massage the mixture onto your hands for 1-2 minutes.
3. Rinse off with warm water and pat dry.

Benefits

- Exfoliates dead skin cells.
- Brightens and evens skin tone.
- Moisturizes and softens the skin.

SECRET TIPS

- Use this scrub once a week to keep your hands soft and smooth.
- Store any leftover mixture in the refrigerator for up to one week.

ALOE VERA AND TEA TREE OIL HAND SANITIZER

Ingredients

- 1/2 cup fresh ALOE SECRETS gel
- 1/4 cup witch hazel
- 10 drops of tea tree essential oil

Preparation

1. Mix all the ingredients in a bowl until well combined.
2. Pour the mixture into a spray bottle.
3. Shake well before use.

Benefits

- Kills germs and bacteria.
- Moisturizes and nourishes the skin.
- Soothes and calms irritated skin.

SECRET TIPS

- Keep the spray bottle in your purse or car for easy access.
- Use this hand sanitizer whenever you need to disinfect your hands.

ALOE VERA AND COCONUT OIL HAND SOAK

Ingredients

- 1/2 cup fresh ALOE SECRETS gel
- 1/2 cup coconut oil
- 1/4 cup Epsom salt
- 10 drops of lavender essential oil

Preparation

1. Heat the coconut oil in a saucepan until melted.
2. Remove from heat and stir in the aloe vera gel, Epsom salt, and lavender essential oil.
3. Pour the mixture into a large bowl and soak your hands for 10-15 minutes.
4. Rinse off with warm water and pat dry.

Benefits

- Softens and moisturizes the skin.
- Reduces inflammation and swelling.
- Relieves sore and tired hands.

SECRET TIPS

- Use this hand soak once a week to keep your hands healthy and happy.
- Add some fresh herbs or flowers to the bowl for an extra relaxing experience.

ALOE AND HONEY HAND MASK

Ingredients

- 1/4 cup fresh ALOE SECRETS gel
- 1 tablespoon honey
- 1 tablespoon oat flour

Preparation

1. In a bowl, mix all ingredients until well combined.
2. Apply the mixture onto your hands, making sure to cover them completely.
3. Let the mask sit for about 10 minutes.
4. Rinse off with warm water and pat dry.

Benefits

- Soothes and calms irritated skin.
- Moisturizes and softens skin.
- Helps improve skin elasticity.

SECRET TIPS

- Use this mask once a week for the best results.
- Add a few drops of lavender essential oil for a relaxing aromatherapy experience.

ALOE AND SEA SALT HAND SOAK

Ingredients

- 1/4 cup fresh ALOE SECRETS gel
- 1/4 cup sea salt
- 1 tablespoon olive oil
- 5 drops of peppermint essential oil

Preparation

1. In a bowl, mix all ingredients until well combined.
2. Fill a basin with warm water and add the mixture to the water.
3. Soak your hands in the water for about 10-15 minutes.
4. Rinse off with warm water and pat dry.

Benefits

- Relieves soreness and fatigue in hands.
- Softens and moisturizes the skin.
- Promotes circulation.

SECRET TIPS

- Use this hand soak once a week for optimal results.
- Add a few drops of eucalyptus essential oil for an invigorating experience.



HAIR

“DISCOVER NEW
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ALOE VERA AND COCONUT OIL HAIR MASK

Ingredients

- 1/2 cup fresh ALOE SECRETS gel
- 2 tablespoons coconut oil

Preparation

1. Mix the aloe vera gel and coconut oil in a bowl.
2. Apply the mixture to your hair, focusing on the ends.
3. Leave the mask on for 30 minutes.
4. Rinse with lukewarm water and shampoo as usual.

Benefits

- Promotes hair growth.
- Conditions and moisturizes hair.
- Reduces dandruff and dry scalp.

SECRET TIPS

- Use this mask once a week for the best results.
- For a more intense treatment, cover your hair with a shower cap after applying the mask.

ALOE VERA AND LEMON HAIR RINSE

Ingredients

- 1/2 cup fresh ALOE SECRETS gel
- 1/2 cup lemon juice
- 1 cup water

Preparation

1. Mix the aloe vera gel, lemon juice, and water in a bowl.
2. Apply the mixture to your hair after shampooing.
3. Leave the rinse on for a few minutes.
4. Rinse with cool water.

Benefits

- Promotes hair growth.
- Restores pH balance to hair.
- Adds shine and volume to hair.

SECRET TIPS

- Use this rinse once a week for best results.
- Adjust the amount of lemon juice to your liking.

ALOE AND COCONUT MILK HAIR MASK

Ingredients

- 1/2 cup fresh ALOE SECRETS juice
- 1/2 cup coconut milk

Preparation

1. Mix the aloe vera juice and coconut milk in a bowl until well combined.
2. Apply the mixture to your hair, focusing on the roots and scalp.
3. Leave the mask on for 30 minutes.
4. Rinse off with warm water and shampoo as usual.

Benefits

- Hydrates and nourishes the hair.
- Promotes hair growth Strengthens the hair.

SECRET TIPS

- Use this hair mask once a week for the best results.
- For added moisture, add a few drops of argan oil to the mixture.

ALOE AND YOGURT HAIR MASK

Ingredients

- 1/2 cup fresh ALOE SECRETS juice
- 1/2 cup plain yogurt
- 1 tablespoon honey

Preparation

1. Mix the aloe vera juice, yogurt, and honey in a bowl until well combined.
2. Apply the mixture to your hair, focusing on the roots and scalp.
3. Leave the mask on for 30 minutes.
4. Rinse off with warm water and shampoo as usual.

Benefits

- Moisturizes and nourishes the hair.
- Reduces dandruff and itchiness.
- Adds shine.

SECRET TIPS

- Use this hair mask once a week for the best results.
- For added nourishment, add a few drops of jojoba oil to the mixture.

ALOE AND APPLE CIDER VINEGAR HAIR RINSE

Ingredients

- 1/2 cup fresh ALOE SECRETS juice
- 1/4 cup apple cider vinegar
- 1/4 cup water

Preparation

1. Mix the aloe vera juice, apple cider vinegar, and water in a bowl until well combined.
2. Apply the mixture to your hair after shampooing and conditioning.
3. Leave the rinse on for a few minutes.
4. Rinse off with cool water.

Benefits

- Clarifies the hair.
- Removes buildup and impurities.
- Balances the pH of the scalp.

SECRET TIPS

- Use this hair rinse once a week for the best results.
- Avoid using this rinse if you have color-treated hair, as the apple cider vinegar may cause fading.



DAILY ROUTINE

WELCOME TO OUR DAILY ROUTINE SECTION!

DISCOVER A NEW RECIPE FOR EVERY DAY OF THE WEEK AND A SPECIAL SURPRISE YOU CAN ENJOY EVERY DAY. IMPROVE YOUR DAILY ROUTINE WITH THE POWER OF ALOE AND START FEELING YOUR BEST SELF TODAY.

DAY 1

ALOE AND LEMON JUICE DETOX DRINK

Ingredients

- 1 cup fresh ALOE SECRETS juice
- 1/2 cup fresh lemon juice
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon turmeric powder
- 1 tablespoon honey

Preparation

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into a glass and enjoy.

Benefits

- Detoxifies the body.
- Boosts the immune system.
- Reduces inflammation.
- Helps with digestion.
- Promotes clear skin.

SECRET TIPS

- Drink this detox drink in the morning on an empty stomach for best results.
- Use organic ingredients for a healthier drink.

DAY 2

ALOE AND TEA TREE OIL ACNE SPOT TREATMENT

Ingredients

- 1/2 cup fresh ALOE SECRETS gel
- 10 drops of tea tree essential oil

Preparation

1. Mix the aloe vera gel and tea tree oil in a bowl until well combined.
2. Apply the mixture to acne-prone areas with a cotton swab.
3. Leave on for 10-15 minutes and rinse off with warm water.

Benefits

- Reduces acne and breakouts.
- Soothes and calms irritated skin.
- Reduces inflammation and redness.
- Moisturizes and nourishes the skin.

SECRET TIPS

- Use this spot treatment 1-2 times a week, depending on your skin's needs.
- Avoid using on open wounds or sensitive skin.

DAY 3

ALOE AND TEA TREE OIL SHAVING CREAM

Ingredients

- 1/2 cup fresh ALOE SECRETS gel
- 1/4 cup coconut oil
- 10 drops of tea tree essential oil

Preparation

1. Mix all the ingredients in a bowl until well combined.
2. Apply the mixture to your skin before shaving.
3. Shave as usual and rinse with warm water.

Benefits

- Provides a smooth, close shave.
- Reduces razor burn and irritation.
- Moisturizes and nourishes the skin.

SECRET TIPS

- Use this shaving cream in the shower for the best results.
- Store the mixture in an airtight container for future use.

DAY 4

ALOE AND CHAMOMILE RELAXING BATH

Ingredients

- 1/2 cup fresh ALOE SECRETS gel
- 1/2 cup Epsom salt
- 10 drops of chamomile essential oil

Preparation

1. Mix all the ingredients in a warm bath.
2. Soak in the bath for 15-20 minutes.

Benefits

- Relaxes and calms the mind.
- Reduces stress and anxiety.
- Moisturizes and softens the skin.

SECRET TIPS

- Use this bath soak before bed to promote restful sleep.
- Light candles or play soothing music for a spa-like experience.

DAY 5

ALOE AND PEPPERMINT FOOT SCRUB

Ingredients

- 1/2 cup fresh ALOE SECRETS gel
- 1/2 cup sugar
- 10 drops of peppermint essential oil

Preparation

1. Mix all the ingredients in a bowl until well combined.
2. Apply the mixture to your feet and massage in a circular motion.
3. Rinse off with warm water and pat dry.

Benefits

- Exfoliates dead skin cells Soothes and cools tired feet.
- Moisturizes and nourishes the skin.

SECRET TIPS

- Use this foot scrub once a week for the best results.
- Follow with a moisturizing foot cream for extra softness.

DAY 6

ALOE JUICE AND MINT COOLER

Ingredients

- 1 cup ALOE SECRETS juice
- 1/4 cup fresh mint leaves
- 2 cups sparkling water

Preparation

1. Muddle mint leaves in a pitcher.
2. Add aloe vera juice and sparkling water.
3. Stir well.
4. Serve over ice.

Benefits

- Refreshing and hydrating.
- Aids in digestion.
- Helps to relieve headaches.

SECRET TIPS

- Garnish with additional mint leaves.
- Use coconut water instead of sparkling water for added electrolytes.

DAY 7

ALOE AND GINGER IMMUNITY SHOT

Ingredients

- 1/2 cup ALOE SECRETS juice
- 1-inch piece of ginger, peeled and chopped
- Juice of 1 lemon

Preparation

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Strain the mixture through a fine mesh strainer.
4. Pour into shot glasses and serve.

Benefits

- Boosts the immune system.
- Anti-inflammatory properties.
- Helps with digestion.

SECRET TIPS

- Add a pinch of turmeric for an extra boost.
- Drink at the first signs of a cold or flu.

BONUS

ALOE AND LAVENDER LINEN SPRAY

Ingredients

- 1/2 cup fresh ALOE SECRETS gel
- 1/2 cup distilled water
- 10 drops of lavender essential oil

Preparation

1. Mix all the ingredients in a spray bottle.
2. Shake well before use.
3. Spray on linens, pillows, or throughout the room.

Benefits

- Calms and relaxes the mind.
- Promotes restful sleep.
- Freshens and purifies the air.

SECRET TIPS

- Use this linen spray before bed for a peaceful night's sleep.
- Spray on clothes or in closets to keep them smelling fresh.



PETS

“DISCOVER NEW
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ALOE VERA COAT CONDITIONER

Ingredients

- 1/4 cup ALOE SECRETS gel
- 1/4 cup distilled water
- 1 tbsp apple cider vinegar
- 5 drops of tea tree essential oil

Preparation

1. Mix all ingredients in a spray bottle and shake well.
2. Spray the mixture on your pet's coat and massage it.
3. Let it sit for a few minutes, then rinse with warm water.

Benefits

- Conditions and softens the coat.
- Reduces itchiness and flakiness.
- Adds shine and luster to the coat.

SECRET TIPS

- Use this conditioner after shampooing your pet's coat.
- Store the conditioner in the fridge to keep it fresh.

ALOE VERA EAR CLEANER

Ingredients

- 1/4 cup ALOE SECRETS gel
- 1/4 cup distilled water
- 1 tbsp apple cider vinegar
- 3 drops of lavender essential oil

Preparation

1. Mix all ingredients in a small bowl and stir well.
2. Use a cotton ball or soft cloth to apply the mixture to your pet's ears.
3. Gently massage the base of the ears, then wipe away any excess solution with a clean cloth.

Benefits

- Cleans and disinfects the ears.
- Soothes and calms irritated skin.
- Helps prevent ear infections.

SECRET TIPS

- Use this conditioner after shampooing your pet's coat.
- Store the conditioner in the fridge to keep it fresh.

ALOE VERA FLEA REPELLENT

Ingredients

- 1/4 cup ALOE SECRETS gel
- 1/4 cup distilled water
- 5 drops of lavender essential oil
- 5 drops of peppermint essential oil

Preparation

1. Mix all ingredients in a spray bottle and shake well.
2. Spray the mixture on your pet's coat, avoiding the face and eyes.
3. Use a comb to distribute the mixture evenly through the coat.

Benefits

- Repels fleas and other insects.
- Soothes and calms irritated skin.
- Adds a fresh, pleasant scent to your pet's coat.

SECRET TIPS

- Use this flea repellent as needed to keep your pet flea-free.
- Keep the spray bottle away from your pet's face to avoid getting the mixture in their eyes.

SOOTHING ALOE PAW BALM

Ingredients

- 1/4 cup fresh ALOE SECRETS juice
- 1/4 cup coconut oil
- 1/4 cup shea butter
- 10 drops of lavender essential oil

Preparation

1. Melt the coconut oil and shea butter in a double boiler.
2. Add the aloe vera juice and lavender essential oil.
3. Mix well and let it cool.
4. Transfer the mixture to a container and store it in the fridge.

Benefits

- Moisturizes and soothes dry, cracked paws.
- Helps protect paws from harsh weather conditions.
- Contains natural antibacterial and antifungal properties.

SECRET TIPS

- Apply a small amount of the balm to your pet's paws as needed.
- For added protection, put on booties after applying the balm.

ALOE AND OATMEAL DOG SHAMPOO

Ingredients

- 1 cup fresh ALOE SECRETS juice
- 1/2 cup rolled oats
- 1/4 cup liquid castile soap
- 10 drops of lavender essential oil

Preparation

1. Grind the oats into a fine powder.
2. Mix the oatmeal powder with the aloe vera juice, liquid castile soap, and lavender essential oil.
3. Shake well before use.

Benefits

- Soothes and calms itchy, irritated skin.
- Moisturizes and nourishes the skin.
- Gently cleanses without harsh chemicals.

SECRET TIPS

- Use this shampoo once a week, or as needed.
- Rinse your pet thoroughly with warm water after shampooing.



**ALOE
LOVERS**



**COCKTAILS,
MOCKTAILS &
SMOOTHIES**

ALOE LEMONADE

Ingredients

- 2 cups ALOE SECRETS Juice
- 1 cup fresh lemon juice
- 3 cups water
- 1/4 cup honey
- 1/4 cup fresh basil leaves

Preparation

1. Mix all the ingredients in a pitcher.
2. Stir until the honey is fully dissolved.
3. Chill the mixture for at least an hour.
4. Serve over ice.

Benefits

- Boosts immune system.
- Hydrates the body.
- Helps with weight loss.

SECRET TIPS

- Add sparkling water for a fizzy twist.
- Garnish with lemon slices and basil leaves.

ALOE GINGER LEMON TEA

Ingredients

- 1 cup ALOE SECRETS Juice
- 1 cup water
- 1-inch fresh ginger, peeled and sliced
- 1 lemon, sliced
- 2 tablespoons honey

Preparation

1. In a pot, bring Aloe Juice, water, ginger, and lemon to a boil.
2. Lower the heat and simmer for 10 minutes.
3. Add honey and stir well.
4. Strain the mixture into a cup.
5. Serve hot.

Benefits

- Boosts immune system.
- Aids in digestion.
- Reduces inflammation.

SECRET TIPS

- Use maple syrup or agave instead of honey for a vegan option.
- Garnish with a lemon slice and a ginger slice.

ALOE BERRY SMOOTHIE

Ingredients

- 1 cup ALOE SECRETS Juice
- 1 cup mixed berries
- 1 banana
- 1/2 cup almond milk
- 1/2 cup ice

Preparation

1. Blend all the ingredients until smooth.
2. Serve immediately.

Benefits

- Hydrates the body.
- Contains antioxidants.
- Helps with weight loss.

SECRET TIPS

- Add more almond milk for a creamier texture.
- Garnish with fresh berries.

ALOE PINEAPPLE REFRESHER

Ingredients

- 1 cup ALOE SECRETS Juice
- 1 cup pineapple juice
- 1/2 cup coconut water
- 1 tablespoon lime juice
- 1 tablespoon honey

Preparation

1. Mix all the ingredients in a pitcher until well combined.
2. Pour the mixture into glasses over ice cubes.
3. Garnish with fresh mint leaves and enjoy!

Benefits

- Rich in vitamin C.
- Provides hydration.
- Helps with digestion.

SECRET TIPS

- Add rum for a refreshing cocktail.
- Freeze the pineapple juice into ice cubes for a fun twist.

ALOE AND GINGER MOCKTAIL

Ingredients

- 1 cup ALOE SECRETS Juice
- 1/2 cup ginger beer
- 1/4 cup lime juice
- 1 tablespoon honey
- 2 sprigs of fresh rosemary

Preparation

1. In a shaker, mix the Aloe Juice, ginger beer, lime juice, and honey.
2. Shake well and pour into glasses filled with ice cubes.
3. Garnish with fresh rosemary and enjoy!

Benefits

- Helps with digestion.
- Soothes nausea and upset stomach.
- Provides hydration.

SECRET TIPS

- Substitute ginger beer with sparkling water for a less sweet drink.
- Add vodka for a cocktail version.

BONUS

ALOE MINT MOJITO

Ingredients

- 1/2 cup ALOE SECRETS Juice
- 1/2 cup fresh lime juice
- 1/4 cup fresh mint leaves
- 2 tablespoons honey
- 1/2 cup sparkling water
- 1/2 cup rum (optional)

Preparation

1. Muddle the mint leaves and honey in a glass.
2. Add Aloe Juice, lime juice, sparkling water, and rum (if using).
3. Stir well.
4. Serve over ice.

Benefits

- Aids in digestion.
- Reduces inflammation.
- Contains antioxidants and anti-inflammatory properties.

SECRET TIPS

- Use this linen spray before bed for a peaceful night's sleep.
- Spray on clothes or in closets to keep them smelling fresh.

ALOE
SECRETS
everyday needs