

Hydrating Lotion Boost Recipe

Ingredients (for 1 cup / 8 oz lotion)

- 1 cup (8 oz) unscented body lotion
- 1 tsp lactic acid (10–12% strength)
- 1 tsp hyaluronic acid serum (1% strength)
- Optional: ½ tsp glycerin or aloe vera gel

Instructions

1. In a clean glass bowl, add 1 cup of your favorite unscented lotion.
2. Stir in 1 tsp lactic acid and 1 tsp hyaluronic acid serum.
3. If desired, add ½ tsp of glycerin or aloe vera gel.
4. Mix thoroughly until smooth and well blended.
5. Transfer to a clean jar or squeeze bottle.
6. Use once daily, preferably at night after showering.

Tips

- Patch test before full use.
- Avoid applying to cracked or irritated skin.
- Use sunscreen on exposed skin, as acids can increase sun sensitivity.
- Do not add Vitamin C or retinol to this mix.