

The Aloe vera plant has been known and used for centuries for its health, beauty, medicinal and skin care properties. The name Aloe vera derives from the Arabic word "Alloeh" meaning "shining bitter substance," while "vera" in Latin means "true." 2000 years ago, the Greek scientists regarded Aloe vera as the universal panacea. The Egyptians called Aloe "the plant of immortality." Today, the Aloe vera plant has been used for various purposes in dermatology.

Do you know that there are more than 300 types of Aloe Vera?

Aloe Vera is a stemless or very short-stemmed plant growing to 60- 100 centimetres tall, spreading by offsets.

The leaves are thick and fleshy, green to grey-green , with some varieties showing white flecks on their upper and lower stem surfaces.

It was found in an ancient Egyptian list of herbal remedies , dating back to 3500BC, and according to historians, the famous Egyptian Queens Nefertiti and Cleopatra used it in their beauty therapy.

Aloe Vera is a medicinal plant that is been used to treat various health conditions for thousands of years. It is usually safe to use also Aloe Vera directly from the plant or you can buy it in gel form.

Curiosities about Aloe Vera:

***You can drink it:**

Taken internally , Aloe Vera has a nutritional, anti-inflammatory and immune balancing effect on the body.

***There are more than 300 types of Aloe Vera.:**

But only four or five of these species have medicinal properties. Aloe Barbadensis Miller is the most potent, and it is the only one that has the right to be called the actual Aloe vera.

***An incredible ingredient used in the cosmetics industry.**

Aloe Vera is added to many products these days, but often in such low amounts that it would not have any significant impact on your well-being.