

Aloe Vera



- Aloe vera is widely used in traditional medicine for its soothing, healing properties. There are stone carvings showing its use in Ancient Egypt and apparently Cleopatra used it as part of her beauty regime.
- What soothes and heals you when life – or people – have treated you badly? Is there someone you can turn to or an activity that calms you? Do you need time alone?
- Life is hard for many people at the moment, and in schools we're often at the front line, bearing the brunt of other people's anger and frustration. Seek out the people and activities that will calm and refresh you when you're feeling wounded. Work out what acts as a healthy first aid for your battle scars and try to make time for it in a busy week.