

## **Beauty Tips**

### **Bathing basics**

Healthy bathing:- Here are some do's and don'ts that will help you get that:

1. Never share bathing accessories like poufs, sponges or loofahs. This is unhealthy.
2. Washing these accessories with anti-bacterial soap is a great idea.
3. Ensure that they are completely dry before you store them.
4. You can wash poufs, sponges as well as loofah's in washing machines.
5. Replace these accessories every once, in two months.

### **Do-It-Yourself Oatmeal Scrub For Sparkling Skin!**

Its a homemade scrup. Easy to make .Do-It-Yourself Oatmeal Scrub For Sparkling Skin!

An oatmeal scrub? Yes, because oatmeal has the following properties:

- 1:- It soothes the skin
- 2:-It works as delicate abrasive
- 3:-It gets rid of impurities
- 4:-It works well for oily skin

All You Need Is:

18 inches of fine muslin cloth & 300gms of oatmeal

- 1:- Sew four or five small rectangular bags about 2 inches by 3 inches out of muslin.
- 2:- Leave one end of each bag open, fill each of the bags with oatmeal, and then sew it closed. In The Bath.
- 3:- Hold a bag under the tap of the running water. Allow the water to run through the bag, gradually soaking it.
- 4:- The oatmeal will mix with the water as it flows into the tub or bucket, softening the water.
- 5:- As you use the bag to scrub you'll be removing the impurities.

### **Get a radiant glow on ur face**

Get a radiant glow with these effective, economical and time -tested scrubs and washes:

- 1:-Apply a paste of boiled carrots to the face. Let it stand and wash off after 20 minutes to reveal blemish-free clear skin.
- 2:-Baking soda too makes for an invigorating facial scrub. Cleanse face with mild soap and water and slough off blackheads and other debris with a paste of 3 parts baking soda and 1 part water. Rinse to reveal a clear, zits-free face!
- 3:-Honey is a great skin food. Apply some on your skin and wash off with plain water after 20 minutes. Honey enhances the skin's moisture -retaining capacity, making it soft and supple. Adding a few drops of citrus juice to the honey will also enhance the quality of your skin.
- 4:-Grind 2 almonds and mix with one portion of lemon juice and a bit of honey. Use this scrub to get rid of persistent blackheads and hard-to-dislodge dirt.

### **USE SEAWEED TO DETOXIFY YOUR SYSTEM!**

Seaweed is actually algae that grow in the world's oceans. More and more skincare product manufacturers are now adding seaweed ranges to their product lines,(Shahnaz Hussain and

Biotique, to name just two). Opting for these products might be a good idea. This is because seaweed contains properties that can:

1:- Moisturize the skin

2:- Control oil production in skin

3:-Fight the effects of pollution on the skin and possibly protect against UV light.

The products that you could buy are bath additives or body washes containing seaweed as they help draw toxins to the surface of the skin. Using them would mean good skin care on a daily basis.

### **Basic Skin Care (Know your Skin Type)**

The first step towards beautiful skin is working out what your skin type is. This is necessary so that you can work out how to care for your skin, and what products you should use. Below are the features of the 5 main skin types which you can compare to your own skin type. Once you have decided what type your skin is you can find out what the best way is to look after your skin.

Which of these do you think is the closest match to your skin?

1:-Normal Skin Type

Normal skin does not feel dry or oily.

Pores are visible but not large or clogged. After a wash it feels smooth and comfortable. At midday it still looks fresh and clean. Only occasionally break out in spots.

Caring for Normal Skin Type:

To care for normal skin you should start with a gentle foaming facial wash. Massaging it into your face will give you a rosy complexion. Cool your skin with a refreshing toner. To finish dot moisturiser onto your skin and massage it with your fingers in light upward strokes.

2:- Dry Skin Type

Dry skin has a thin and papery texture.

It feels dry to touch. The pores are very fine. After a wash it feels tight, as though it is too small for the face. By midday flaky patches appear. Hardly ever break out in spots.

Caring for Dry Skin Type:

For dry skin use a creamy cleanser to melt away dirt. Leave it on your skin before sweeping it away with cotton wool.

Splash cold water onto your face to clean and refresh your skin. Use a thick cream moisturiser to seal in as much moisture as possible.

3:-Oily Skin Type

Oily skin feels very greasy. The texture is often very thick and coarse. There are large, visible pores. After a wash it feels fine. By midday it looks shiny. Often break out in spots.

Caring for Oily Skin Type:

To care for oily skin you should start with a gentle, foaming facial wash. This will remove dirt and oil without stripping away moisture. Soak cotton wool in a gentle astringent lotion and sweep it over your skin to refresh and cool it. Even oily skin needs a moisturiser, but choose a light, watery fluid; this will be enough for your skin. Allow the moisturiser to sink in and then

absorb the excess with a tissue to prevent shine.

#### 4:-Combination Skin Type

Combination skin is normal with a few dry patches and a few oily patches.

Dryness is usually on the cheeks.

Oiliness is usually on the T-zone. After a wash some areas feel dry and some smooth. By the midday the T-zone is shiny.

Often break out in spots in the T-zone.

Most women have combination skin.

#### Caring for Combination Skin Type:

If you have combination skin use a foaming facial wash in the mornings to cleanse your skin. This will keep the oily areas clean to prevent blackheads. In the evening use a cream cleanser to soothe your dry areas. This will keep a balance between excess dryness and excess oiliness. Use a strong astringent for your oily areas and a mild skin freshener for the dry areas. This is not an expensive option, as you will only need a little of each. Use moisturiser on your whole face, but make sure you concentrate on your drier areas.

#### Sensitive Skin Type

Sensitive skin can be easily irritated.

Typical reactions are itching, burning, chafing and stinging. After a wash it feels dry and itchy in places. By midday there are flaky patches and some redness. Occasionally break out in spots.

#### Caring for Sensitive Skin Type:

If you have sensitive skin do not use facial washes or soap; instead use a light, hypoallergenic cleansing lotion. Use a moisturiser to strengthen your skin and provide a barrier against irritants. Make sure you use an unperfumed moisturiser so as not to irritate your skin.

(end)

#### **Best Beauty Tips**

Beauty Tip 1: Use foundation on your eyelids before applying eye shadow. It helps the eye shadow stay on longer.

Beauty Tip 2: Instead of buying expensive oil blotter papers, buy a box of perm papers. Very cheap and works great for blotting oily skin.

Beauty Tip 3: Apply Carmex on your lips before putting on lip gloss or lipstick, it helps it stay on longer, keep it moisturized, and sometimes makes your lips "juicier" looking.

Beauty Tip 4: Use petroleum jelly or cold cream to remove stubborn eye makeup. It's cheap and it works (even on waterproof mascara).

Beauty Tip 5: Nothing ages a person more than worry. Try to be positive and love every day as a new adventure and get joy from all the little things (so many cost nothing). Drink 8 glasses of water a day and use a moisturizer.

Beauty Tip 6: A Clay Mask works wonders on oily skin!

Beauty Tip 7: Use a gentle soap like Dove for acne prone skin. It makes your skin a lot less oily because its PH balanced.

Beauty Tip 8: Spray your face with cold water or stand with your head in the air from the freezer for a few moments to reduce redness.

Beauty Tip 9: Line deep set eyes with lighter shades of eyeliner to emphasize them!

Beauty Tip 10: Use a hair dryer for a few seconds on your eyelash curler.

Beauty Tip 11: To remove blackheads, steam for 5 minutes and exfoliate immediately.

Beauty Tip 12: To make your hair shiny and strong, after taking a shower apply olive oil into damp hair. It will make your hair shiny and much stronger.

Beauty Tip 13: Keep lashes smooth and supple by brushing them with petroleum jelly before going to bed at night. It is also a good way to emphasize natural-looking lashes in the daytime.

Beauty Tip 14: Five ml (1 tea sp) of powdered skimmed milk mixed with a beaten egg white makes a toning and whitening face mask. Spread evenly on face and leave for 10 minutes.

Beauty Tip 15: -A treatment mask will work faster if you apply it in a steamy bathroom. The steam speeds the penetration of nutrients into skin - so you can rinse the mask off after just five to ten minutes (rather than the usual 15 or 20) and still get the full benefit.

Beauty Tip 16: -Rub a rind of lemon over your face, this will lessen grease and whiten your complexion.

Beauty Tip 17: Eating a varied diet rich in whole, natural foods, balanced in protein, vitamins, fats and carbohydrates; and void of chemicals, adulteration and refinement is something that will allow you to realize your potential as a physical, intellectual, emotional and spiritual being. Certainly the health and beauty of your skin depends on it.

Beauty Tip 18: Milk, vaseline , and Lemon, make for a good face mask. Keep on for 5 minutes. Then apply your favorite lotion

Beauty Tip 19: To make your skin soft and smooth dip a piece of cotton wool in milk and pat all over your face. Leave on for half an hour and wash off with water.

Beauty Tip 20: Mix two tablespoons of milk in one teaspoon of salt and apply on the face at bedtime. This makes the skin petal soft and silken smooth.

Beauty Tip 21: To lighten your complexion grind a couple of almonds in milk and apply on the face at bedtime.

Beauty Tip 22: To brighten a dull complexion mix two tablespoons of milk powder with enough hydrogen peroxide to a thick paste. Mix in a few drops of liquid ammonia. Leave on for 15 minutes.

Beauty Tip 23: To improve a dark and dull complexion soak bengal gram pulse (chick-pea) in milk overnight. Next morning, grind to a paste and mix in a pinch of turmeric powder and a few drops of lime juice and leave on for half an hour.

Beauty Tip 24: To lighten and brighten your complexion take a tablespoon of milk and mix in one teaspoon each of carrot, orange juice and melted honey. Leave it on for 15 minutes.

Beauty Tip 25: An excellent mask for a dry and blemished skin is made by taking a tablespoon of gram flour and mixing in a big pinch of turmeric powder, one-fourth teaspoon of orange peel powder, a teaspoon of beaten curd and a teaspoon of milk. Apply on the face and neck. When the skin starts feeling taut, rub it with your hands until it glows. Then, wash with tap water.

Beauty Tip 26: - To make the skin soft and smooth grind one fourth tea spoon of Chironji to a

paste and mix with one fourth teaspoon each of milk and curd. Leave on for 20 minutes.

Beauty Tip 27: Another mask for making the skin soft and smooth is prepared by taking one fourth teaspoon each of watermelon, cucumber and gourd seeds and grinding them to a paste in milk. Mix in half teaspoon of cream or top of milk and a few drops of rose water. Leave on for 20 minutes.

### **BEST WAY TO RELAX AND BEAUTIFY URSELF**

take a WARM bath in a jacuzzi with a little bit of scented oil believe me ull c what i mean...

### **Homemade Beauty Recipes For Skin Care**

#### **1:-Home remedies for dry skin**

Dry skin has a thin and papery texture. It feels dry to touch. The pores are very fine. After a wash it feels tight, as though it is too small for the face. By midday flaky patches appear. Hardly ever break out in spots.

(1) Make a puree of 1 banana and 1 papaya, peach or avacado. Apply to skin. Leave on for at least 20 minutes then rinse with warm water, followed by a moisturizer of natural margarine or natural vegetable oil.

(2) Apply natural mayonnaise, either homemade or from natural foods store. Massage into skin, leave on for 15-20 minutes, rinse thoroughly with warm water.

#### **2:- Home remedies for oily skin**

Oily skin feels very greasy. The texture is often very thick and coarse. There are large, visible pores. After a wash it feels fine. By midday it looks shiny. Often break out in spots. A clay mask works wonder for oily skin. We recommend this clay mask: ZIRH CLAY MASK.

(1) Make a puree of fresh tomatoes, apply to the skin

(2) Beat together 1 egg white, 1 tsp spirits of camphor, 1 heaping Tbsp skim milk powder and a scant drop of essential oil of mint. First apply a thin film of odorless castor oil to the skin, then apply a thick layer of the egg white mask. Lie back for about 15 minutes. Wash off with warm water, then rinse with an apple cider vinegar and water solution or witch hazel.

#### **3:- Homemade natural recipes for sensitive skin**

Sensitive skin can be easily irritated.

Typical reactions are itching, burning, chafing and stinging. After a wash it feels dry and itchy in places. By midday there are flaky patches and some redness. Occasionally break out in spots.

### **CLEANSERS**

-Sweet almond and jojoba oil: massage gently, remove with warm cloth

-Papaya: mash and smooth over face, massage gently, remove.

### **TONERS**

-Herbal: 1oz dried/3 big handfuls fresh COMFREY, 600ml water. Heat herbs in water slowly, tightly covered. do not boil, remove from heat, infuse overnight. Use as a regular toner. Keep refrigerated, use within 3 days.

### **EXFOLIATORS**

-grapefruit and oatmeal: add 3-4 tablespoons of oatmeal to the juice of a grapefruit. Mix to thick paste. Spread on face and leave on 15 minutes, remove with warm water.

### **MASKS**

-grapes - mashed: cooling, soothing nourishing tonic.  
-peach - mashed: soothing, texture refining  
-cucumber and yoghurt: mashed together, add clay powder to smooth the mixture. Leave 10 minutes. Remove with lukewarm water. A cooling, soothing and toning mask.

#### OILS

-camomile  
-rose

(end)

### **Balanced Care for Combination Skin**

Combination skin needs careful care because it has a blend of oily and dry patches. T-zone, across the forehead and down the nose and chin tends to be oily, and needs to be treated like oily skin. However, the other areas are prone to dryness and flakiness due to lack of moisture, and need to be treated like dry skin.

5 steps care for combination skin :-

1. Choose an oil-based eye makeup remover to clear away every trace of eye makeup from this delicate area which is prone to dryness. Use a cotton bud to remove any stubborn traces. Splash with cool water afterwards to rinse away any excess oil.
2. Use a foaming facial wash in the morning to cleanse your skin. This will ensure the oily areas are clean, and that the pores on your nose are kept clear to prevent blackheads and blemishes. Massage a little onto damp skin, concentrating on the oily areas. Leave for a few seconds to dissolve the dirt, then splash with cool water to remove the cleanser.
3. In the evening, switch to a cream cleanser, to ensure the dry areas of skin are kept clean and soothed on a daily basis. This will give you a balance between excess oiliness or excess dryness in your complexion. Massage well into your skin, concentrating on the drier areas, then gently remove with cotton-wool pads.
4. To freshen your skin, you need to buy two different strengths of toners to deal with the differing areas of skin. Choose a stronger astringent for the oily areas, and a mild skin freshner for the drier ones. This isn't as expensive as you think, because you'll only need to use a little of each. Sweep over your skin with cotton wool pads.
5. Smooth moisturizer onto your entire skin, concentrating on the drier areas. Then blot off any excess from the oily areas with a tissue. This will give all your skin the nourishment it needs.

(end)

### **Eating Fruits and Vegetables for Skin and Beauty**

When choosing what to eat, go for foods that most closely resemble foods found in the wild. These foods will contain more minerals and stronger life energy. Many fruits and vegetables today are hybrids and have been genetically modified to be low in nutrition and high in sugar. Raw vegetables themselves can be a treasure trove of toxins. What makes someone beautiful on the outside is often reflective of what they put in the inside. Some fruits which help in enhancing beauty are:

- Fresh summer fruits such as peaches, plums and nectarines are proven to be sources of antioxidants and other phytonutrients. Research shows that antioxidants can protect skin from damaging UV rays, and antioxidants are more effective when more than one is present at the same time, as in California peaches, plums and nectarines.
- Researchers at the University of California , Davis have found that California peaches, plums

and nectarines are good sources of two groups of phytonutrients, the carotenoids and the polyphenols, both powerful antioxidants that may hold the secret to long life and vitality.

- "Fresh peaches, plums and nectarines can help you do this, because they are lower on the glycemic index than most fruits and juices."
- As a dessert: In bowl, combine first 6 ingredients and place large dollop in center of 6 dessert plates, reserving about 3/4 cup.
- Arrange plum slices face down between peach slices, standing up so that the skin of the plum faces upward to create color contrast.
- Sprinkle coconut over each dish, extending beyond the fruit pieces onto the plate.

### **Eating Fruits and Vegetables for Skin and Beauty**

- Natural acids and antioxidants in fruit and yogurt will nourish and lightly exfoliate skin, while oil released from walnuts will lend softness and sheen.
- Make salads sensational by adding fresh fruit to the salad and the dressing
- Berries are loaded with antioxidants, natural anti-inflammatory compounds that help repair skin and prevent further damage by neutralizing free radicals in your body.

One important thing worth mentioning here is that, the things that people consider to be fruits are not necessarily healthy fruits. For example, eating apple pie is counted as a fruit in clinical trials. But in fact it's a cooked, sugary apple pie made with hydrogenated oils, refined white flour and refined sugar in the crust. That's not fruit. That's junk food. But medical studies call that "fruit." Hence, note that by "Fruits" what one means are fruits that are raw and uncooked.

Water is the best way to ensure that your skin looks its best. But olive oil and cantaloupe are two foods that also help you maintain a dewy, healthy look. Just a few one-tablespoon servings of olive oil per week keeps skin healthy, since the oil is packed with antioxidants that help pores stay clear. Use it to stir-fry vegetables, flavor pasta dishes and dress salads. Eating half a cup of cantaloupe cubes also helps vanquish dry skin, thanks to the fruit's high carotene content, which keeps skin cells healthy.

Studies have shown that people who eat a Mediterranean diet rich in essential fats from beans and olive oil are less susceptible to wrinkles than those who indulge in a diet heavy with non-essential fats from butter, sugar and milk products. Soy has the benefit of containing estrogen, which has been found to stimulate connective tissue and promote healthy skin.

### **Eating Fruits and Vegetables for Skin and Beauty**

Studies also suggest that dark green vegetables such as spinach are dietary musts for people plagued by pimples and blackheads, since they are full of antioxidants that reduce inflammation and neutralize cell-damaging agents. Try to get five or six servings of leafy greens per week plus a daily serving of orange veggies such as carrots, pumpkin and peppers, which are rich in beta-carotene, a compound that converts into vitamin A in the body and helps heal damaged skin tissue. For rough skin patches — including wounds and scars — have a diet rich in brightly colored fruits and vegetables, which are chock-full of vitamins A, C and E. Vitamin C in particular is critical in healing wounds since it helps form connective tissue. Here one can see the various benefits of eating fruits and vegetables in their natural form. It is easy to consume food to satiate one's hunger. But to satiate one's hunger for beauty is what no-one does.

REMEMBER, FRUITS AND VEGETABLES WHEN CONSUMED PROPERLY CAN NOT ONLY ENHANCE YOUR PHYSICAL BEAUTY, BUT ALSO YOUR MENTAL WELL-BEING.

### **Beauty within Food for the skin**

We all love to possess a radiant glowing skin, thick lustrous hair, healthy nails & bright sparkling eyes. The food that we eat is of utmost importance to achieve this goal. Less water causes blotchy, dull skin & acne. Consume 7-8 glasses of water daily. Replace refined flour

with whole grains as during the refining process, the Vitamin B, proteins and fibres are removed. A balanced diet of proteins, carbohydrate and fats with the required amount of minerals and vitamins is essential for good, healthy skin.

#### PROTEINS for beautiful skin

The proteins are needed for repair of body tissues. The skin and hair need enough protein and the deficiency causes dull and dry skin and scalp. Vegetarians specially need to plan their diets carefully to include protein rich foods such as soya beans, sprouts, cheese, milk, grains, peas & beans. Freshly made cheese from toned milk is an excellent source of protein for the vegetarians. Sprouted beans are enormously rich in nutrition as both the Vitamin B and C content increases as much as 40% during sprouting. If porridge sounds to drab, make it interesting by adding the fruit of your choice to it. Include yogurt in your meals. This dairy product contains bacteria which keeps intestines clean, giving a healthy glow to your skin.

#### CARBOHYDRATES for beautiful skin

Sugar is one of those carbohydrate rich food which has no value. On the contrary, it can cause acne, poor circulation and obesity. So instead of sugar, add brown sugar or honey to your diet. Both help purify blood and cleanse the body of toxins. Other refined carbohydrates like cause the problem are white flour and white bread in which the nutrients such as vitamins and fibre get removed during refining. These thus largely provide empty calories. Excess carbohydrate which is not needed to supply immediate energy demands, is stored as fat. So, avoid white bread etc, instead opt for brown bread and whole wheat flour chapattis.

**Fat:** You need very little fat, but a little is necessary for good circulation and supple & soft skin.

#### VITAMINS for beautiful skin

Adequate supply of vitamins are very helpful in maintaining a healthy and glowing skin; and preventing premature ageing.

#### FIBRE for beautiful skin

Fibre is very important. This indigestible carbohydrate is concentrated in the peels & rinds of fruits and vegetables and in the outer layers of grains and pulses. Fibre rich foods promote radiant glossy skin and clear eyes.

(end)

### **Skin Vitamins - For a healthy and glowing skin**

Some facts about vitamins and skin

1. Lack of vitamins can make skin lifeless, blotchy and dull.
2. A number of studies reveal that certain vitamins and minerals, when taken internally, can positively influence skin appearance, beauty, and a woman's overall health.
3. Researches have shown a strong relationship between nutritional intake and skin health.
4. Getting your vitamins for the day, i.e. taking a multi-vitamin or eating fruits and vegetables rich in all the nutrients is necessary for good health.
5. The number of skin care products containing vitamins has more than tripled since 1991.
6. Most people are deficient in vitamins, minerals and herbs that are important for your body

to function properly.

You need to understand what vitamins work for what skin conditions and choose skin care products accordingly.

#### 1. Vitamin A

- strengthens the protective tissue of the skin and prevents acne. Recommended dosage to fight acne: 10,000 IU.

- helps reduce sebum production.

- essential for the maintenance and repair of the tissue which the skin and mucous membranes are made of.

- powerful antioxidant to flush out free radicals and toxins from your body which improves wrinkling and fine lines.

#### 2. Vitamin B Complex

- help to maintain healthy skin tone - also helpful in relieving anxiety and stress.

- Fights acne.

- vital for healthy skin by improving circulation and metabolism. important in the functioning of your immune system and your antibody production.

#### 3. Vitamin C

- acts as an antioxidant and is considered vital in wound healing because it aids in stabilizing collagen.

- essential to maintain your good look and prevents the appearance of "broken blood vessels".

- When applied topically, vitamin C can reduce fine lines and wrinkles and may lessen the severity of sunburns.

#### 4. Vitamin E

- another antioxidant that may have anti-inflammatory effects on the skin.

- When applied topically, vitamin E has been known to improve moisturization, softness and smoothness and also provide modest photoprotection.

(end)

