

GUIDE TO NATURAL BEAUTY TIPS



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INTRODUCTION

Some of the best beauty treatment and solutions are simple foods found in our kitchen or grocery stores. These foods are easily available and cheap as you can buy them during your marketing trip. Besides, the best about natural foods is that these foods do not contain preservatives, chemicals or irritant fragrances present in many commercial brands products.

These foods also provide a quick beauty fix routine at the comfort of your home. Simply grab one of these foods from your fridge and start your beauty treatment immediately.

To be on the safe side, it is suggested that you patch test these foods to check for any allergic reaction before spreading them over your face and skin.

TEA

Steep a pair of Earl Grey teabags in boiling water, run them under a tap and place over eyes for 10 minutes before night out.

Use four bags of chamomile tea. Leave them to steep for 5 minutes then hold your face over the bowl.

Freeze cooled chamomile tea in an ice-cube tray. When set, remove cubes and run over your face.

Soak some gauze in cooled green tea and apply on skin the way you would a toner.

OLIVE OIL

Heat a cup of olive oil in the microwave for a few seconds. Massage onto dry areas of your skin.

Heat enough olive oil to fill half a small clothes basin. Soak your hands in the oil for about 10 minutes, followed by the feet.

Use it as a conditioner by leaving warmed olive oil on your hair for 15 minutes before shampoo.

Remove all traces of mascara by dipping an overused mascara wand into some olive oil and use it to apply on your lashes the way you would mascara.



CUCUMBER

Chop up a cucumber and drizzle a few drops of lemon juice in the mixture. Apply on your face.

Soothe tired eyes by cutting two rounds and place them on the eyelids.

Rub down hot skin with a mixture of chopped cucumber, olive oil and plain yoghurt.

LEMON

For sparkling teeth, mix one teaspoon of fresh lemon juice with one teaspoon of bicarbonate of soda and half teaspoon of salt. Use like toothpaste – once a week.

Lighten the skin and smoothens rough edges of elbows and knees. Cut a lemon into two halves and rest your elbows in each half for 15 minutes. Or squeeze juice of lemon and apply on your knees.



TOMATO

Peel a tomato and chop it finely before spreading on face. Work as an effective cleanser and gentle astringent to tighten pores.

ORANGE



Squeeze juice of an orange and mix with a tablespoon of plain yoghurt. Apply on face, avoiding the eye area. Rinse off after 10 minutes and splash face with cold water.

POTATOES

A great way to get rid of dark under eye circles. Run a large potato in a blender. Squeeze the pulp to get rid of excess juice and form two patties from it. Place the patties over your eyes and keep them there for 10 minutes.

APRICOTS

Pound the kernel and add body lotion to blend into smooth paste. Use it as a gentle exfoliator for face. Note the pip is the rough “seed” and the ivory kernel is what you need when split open the pip.

MAYONNAISE

Massage mayonnaise into your hair after shampoo. Leave it on for a few minutes before rinse off. You can also use mayonnaise as a lip mask. Leave it on for 10 minutes before removing with cold water.

AVOCADOS

Mash a ripe one and use it as a facial mask; rinse off after 10 minutes. To get rid of puffy eyes; use a linen cloth, make a “moneybag” filled with mashed avocado. Dab it gently on eyes.

GINGER



Chop ginger and mix it with body lotion for a facial scrub. Avoid the sensitive eye area.

MILK



Soak a cotton pad with cool fresh milk and press it gently all over your face. Besides protein to feed your face, it gets rid of dirt thoroughly.

Chill a cup of milk in the fridge before pouring the contents into a clothes spray. Use it like a spritzer over inflamed skin.

Warm a bowl of milk in the microwave for half a minute and pour contents into a clothes basin. Soak your feet for half an hour and then give it a good hard brush to remove dead skin.

TURMERIC

Mix two teaspoons of turmeric powder and one teaspoon of honey with just enough warm water to make a thick paste. Spread the mixture all over your face and leave it on for 15 to 20 minutes. Rinse off with water.

SUGAR

For a three-in-one pre-bath treatment; blend two tablespoons of brown sugar with one teaspoon of fresh lemon juice and two to three drops of olive oil. Rub the paste over rough areas like the knees and elbows. Citric acid from the lemon unclogs the pores, skin-polishing sugar gets rid of surface dirt and olive oil moisture the skin.

CHERRIES

Run about 10 unripe cherries in a blender. Mix the juice with a tablespoon of dry oatmeal and use as a five-minute facial mask.

For the body; mix cherry juice with a tablespoon of sea salt and massage over damp skin.

HONEY

Dilute one tablespoon of honey with one teaspoon of water then heat it in the microwave for 10 seconds. When it's cooled, apply on your lips and leave for 10 minutes.

To dry out pimples, pour out a teaspoon of honey into a bowl. Dip a cotton bud into the honey and apply on the spots.

EGGS

For a temporary facelift, use just the eggwhite. Mix it with a tablespoon of honey and spread over face and throat in an upward motion. Leave on for 15 minutes and rinse off with warm water.

Whisk egg yolk with a tablespoon of olive oil and leave on your hair for a few minutes before your shampoo. It makes a great hair conditioner.

PAPAYA

Mash half a ripe papaya with two teaspoons of honey. Apply to areas of face that are prone to wrinkles such as between the brows and along the sides of the nose. Leave on it for 10 minutes.

HEALTHY JUICES FOR TOTAL WELLNESS

Recommend below are the secret recipe for healthy drinking.

Carrot + Ginger + Apple

> Boost and cleanse our system.

Apple + Cucumber + Celery

> Prevent cancer, reduce cholesterol, and improve stomach upset and headache.

Tomato + Carrot + Apple

> Improve skin complexion and bad breath.

Bitter gourd + Apple + Milk

> Avoid bad breath and reduce internal body heat.

Orange + Ginger + Cucumber

> Improve skin texture and moisture and reduce body heat.

Pineapple + Apple + Watermelon

> To dispel excess salts, nourishes the bladder and kidney

Apple + Cucumber + Kiwi

> To improves skin complexion.

Pear & Banana

> To regulates sugar content.

Carrot + Apple + Pear + Mango

> Clear body heat, counteracts toxicity, decreased blood pressure and fight oxidization!

Honeydew + Grape + Watermelon + Milk

> Rich in vitamin C + Vitamin B2 that increases cell activity and Strengthen body immunity.

Papaya + Pineapple + Milk

> Rich in vitamin C, E, Iron. Improve skin complexion and metabolism.

Banana + Pineapple + Milk

> Rich in Vitamin with nutritious and prevent constipation

FOODS THAT HEAL

apples	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
avocadoes	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smoothes skin
bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's

chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
figs	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
green tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
lemons	Combats cancer	Protects your heart	Controls blood pressure	Smooths skin	Stops scurvy
limes	Combats cancer	Protects your heart	Controls blood pressure	Smooths skin	Stops scurvy
mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
mushrooms	Controls blood	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones

	pressure				
oats	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
oranges	Supports immune systems	Combats cancer	Protects your heart	Strengthens respiration	-
peaches	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps hemorrhoids
peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates diverticulitis
pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
prunes	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
strawberries	Combats cancer	Protects your heart	boosts memory	Calms stress	-
sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	-
tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	-
walnuts	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	-
watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood

					pressure
wheat germ	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
wheat bran	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion

Note that this table of summary on Foods that Heal is only a guideline. It does not constitute or guarantee healing of a particular ailing. Please seek professional medical and consultation for the appropriate disease or ailing.

HOME MADE BEAUTY RECIPES

Lemon-Egg Shampoo for Bouncy and Shiny Hair

Ingredients:

1 egg
1 tsp. lemon juice
3 tbs. unscented shampoo
Fragrance oil of your choice

Preparation:

Combine all ingredients in a bowl. Shampoo into your hair and rinse well.
The egg will act as a conditioner and the lemon juice will bring shine to hair!

Oatmeal Bath or Facial Scrub

Ingredients:

1 small bar castile or baby soap, grated (or Dove soap for dry skin problems)
2 cups oatmeal, blended or processed into powder
1 small package blanched almonds, blended with the oatmeal

Preparation:

Mix the ingredients well. Put in a pretty jar with a plastic spoon. Use 2 to 3 tablespoons in bath water, or use 1 teaspoon to scrub face.

Almond Rosewater Body Lotion

Ingredients:

1/4 cup rosewater (can be purchased at some health food stores or pharmacies)
1/4 cup glycerin
2 tbs. witch hazel
1 tbs. almond oil

Preparation:

Mix together rosewater and glycerin. Add witch hazel and almond oil. Stir completely to dissolve. Pour into a pretty bottle.

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