Home Made Recipes For Natural Skin Care



Natural Skin Care Guide

Free Information on Natural Beauty Care Copyright © Natural Beauty Care Guide http://www.naturalbeautycareguide.com/

Home Made Recipes for Natural Skin Care Contents

- 1. Skin Tissue Test
- 2. Five steps for perfect skin- (Home facials like salon)
- 3. Tips for using facial masks
- 4. Skin lightening remedies for skin
- 5. Natural Face Masks

Disclaimer: The reader of this e-book should exercise all precautionary measures while following instructions on the home recipes from this e-book. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Get valuable and useful tips on Natural Beauty Care and Natural Beauty Products

1. How to identify your Skin Type

THE TISSUE TEST

Wash your face with a neutral (not made for a particular skin type) soap or cleanser (such as Neutrogena for normal skin). Rinse with water. Pat try with a towel just enough to absorb moisture do not rub. Wait one hour, and then blot your entire face with one ply (or layer) of a large facial tissue. Press lightly all over your face and leave for about one minute. Then remove the paper carefully and examine it near a window or a light.

What do you see?

- If you see oil throughout the tissue, you most likely have oily skin.
- If you see oil only in the T-zone (across forehead, down nose and chin), you most likely have combination skin.
- If you see very little oil throughout, you most likely have normal skin.
- If you see no sign of oil at all, you most likely have dry skin.
- If your skin feels irritated or slightly itchy, you most likely have sensitive skin.

You'll need to perform this test several times a year-during spring, summer and winterbecause your skin changes with the seasons.

2. Five steps for perfect skin- (Home facials like salon)

This treatment takes about 45 minutes and, for best results, should be done atleast once or twice a month. This one is simple, inexpensive treatment, you can be assured of healthier, glowing skin within two or three months.

Step1: Cleansing

Good cleansing removes the impurities, bacteria and dead cells that accumulate on the surface of the epidermis as well as any residue from makeup, while leaving as much of the lubricating natural oil (or sebum) as possible. A cleanser should therefore be gentle and natural. Use a non-lathering cleansing. Massage in circular movements over the face and neck. Leave on for 1-2 minutes to dissolve grime and old make-up. Then gently wipe off with cotton swabs. Rinse off with warm water. Once in a while, or on a more regular basis for those with oily skin, a clay or fruit or oat-based cleansing mask used for a deeper cleansing action.

Step 2: Herbal facial steam

One traditional and very simple way to deep clean the skin is to steam your face for a few minutes. Steaming removes dirt and pollution very efficiently from the skin, but it removes important natural oils as well. So, although the technique brings excellent results on an oily skin or anyone suffering from acne, most skin types must bear in mind that in the long term it has a drying effect.

Steaming should therefore be used very occasionally on a dry or aging skin (once in a month is the maximum) and never for more than 2-3 minutes. On a oily skin, it can be done once a week, and for 5-8 minutes. For a combination skin, 2-3 minutes once a week is recommended maximum. A normal skin will benefit form an occasional steaming (every two weeks) as long as the exposure to steam is not prolonged (5 minutes maximum). It is not recommended for extremely sensitive skins.

Select a herbal facial steam that's best for your skin type.

Bring the dry herbs (lavender, chamomile, lemon grass, rosemary, etc.) to a boil in a large pot of water. Remove from heat source; steam for 5 minutes. A facial steam is the best possible way for deep pore cleansing, and each of the herbs used in rich in nutrients that nourish and tone the skin. Immediately after your facial steam, rinse your face with cold water.

Step 3: Facials

Facials are excellent for stimulating circulation to the skin. It brings fresh blood to the skin. They promote deep pore cleansing and help heal blemishes and acne. Facials also help tone and firm the skin.

They are several kinds of facials available. You can try some homemade facial masks (clay mask, honey mask, egg mask, oats mask, fruits and vegetables mask, etc) to get a beautiful skin.

Step 4: Tonic astringents

When the facial is completely dry, rinse off with warm water. Be gentle to your skin while rinsing of the facial material. Use soft, circular motions. Massage your skin; do not scrub it. Immediately after rinsing the facial, apply an astringent preparation to tone and close the pores.

Step 5: Moisturiser

Dot the skin with moisturiser and gently massage it in smooth circular movements. Try to do this slowly as it allows you to massage the skin and relax yourself. Apply vitamin E oil or, a small amount of eye cream around the eyes and gently pat it in with your finger. The tapping action helps relieve puffy eyelids and also stimulates the acupressure points around the eyes.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- > Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

