

NATURAL SKIN SECRETS



80+

Homemade Beauty Treatments and
Skin Care Recipes



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Natural Skin Secrets: 80+ Homemade Beauty Treatments and Skin Care Recipes

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Introduction

While the woman is young she usually pays no attention to such trifles as a small wrinkle on her forehead or near her mouth. She will just make up her lips and eyelashes, run the powder brush along her nose and cheeks, and feel attractive or even irresistible.

However, as soon as the lady turns 30, her life becomes impossible: she runs around beauty parlors, consults cosmetologists, and taking care of her skin takes so long that you have to wonder when she finds the time for anything else.

Each of us would love to preserve our beauty until an old age, and we become very upset looking into the mirror and seeing new wrinkles on our face.

Small creases and bags under the eyes, an unexpected jowl and other cosmetic facial defects make women bite their lips and spend fortunes on creams, lotions, facial masks – which often only make things worse.

So what can you do? First of all, not give in to panic. The first wrinkles do not at all mean that the woman has to accept the inevitable. Your inner charm never ages, and as for your appearance, you can "touch it up" or even get it back with specially selected creams, facial masks, lotions and other makeup preparations or skincare conditioners. In this book we will speak about facial masks.

What You Must Know

Skin is human or animal outer covering. It is a complex formation performing a wide variety of functions. An adult person's skin area covers from $1\frac{1}{2}$ to 2 m^2 . 1 cm^2 contains about 6 million cells. Skin has different thickness and structure in different parts of the body.

Skin is composed of three main layers. The outermost – epidermis, or cuticle, consists of squamous cells which die off and peel off all the time. Skin cells are fully replaced within 26 to 28 days. The thickness of the epidermis depends on the executive function. On the hands and feet it is coarser. It communicates our body with the environment and consists of five layers: a base, styloid, granular, shining, and horny. Epidermis is covered by a surface membrane which is formed by mixing of sebum and perspiration. The next layer is dermis, or skin, which is actually formed by connective tissue.

The dermis is composed of two layers: the superficial (papillary) and deeper (reticular). And the deepest layer of skin which is called hypodermis, which consists of connective tissue fibers and fat tissue that protects organs beneath it from mechanical damage and temperature extremes.

Skin also contains two types of glands: sudoriferous and sebaceous. Sudoriferous glands are located along the whole surface of the body but they are mostly concentrated in joint flexions. A large variety of sebaceous glands are located in the centre of the face, on the back, in the upper part of the bust, but not on the palms and the soles of the feet.

Skin has several protective functions: it prevents negative influence of the environment on the human body, takes part in metabolism, plays the key role in touch, discharge processes and heat regulation.

Skin is one of the main indicators of health. There are several factors improving its condition: a balanced diet, daily care, normal gastrointestinal tract performance, sufficient sleep, self-composure, physical exercise.

Facial skin can be roughly divided into three types, each with their own peculiarities. The main types are normal, dry and oily. Besides, there is combination, aging and sensitive skin types. Let us speak about each of them in more detail.

Normal skin type is probably the least common. It is smooth, quite elastic, with even texture and almost imperceptible pores. This mat skin is moist enough but, given wrong care, may become dry or, which is more common, oily.

Dry skin type looks very attractive at a young age, it has mat texture with unnoticeable pores and appears to be smooth and tender but with age and given wrong care, it starts to wrinkle. This skin type requires moistening and nutrition.

Oily skin type has an orange peel texture: rough, with large pores and comedones (black heads). Often oily skin has a sickly gray shade.

Combination skin type is the most common one. It is oily in the centre of the face, the T-zone (the forehead, nose and chin) while the sides are either dry or normal. Its care becomes more challenging than for one of the main types: the oily zones require oily skin type care while the dry ones need their own corresponding care.

Each person acquires aging skin type with age. It is quite easy to describe: the skin becomes covered in wrinkles, it is not moist enough (aging skin is usually dry), the texture is mat, with pigment spots.

Sensitive skin is subject to various irritations. Both oily and dry skin can be sensitive. Affected by warmth, cold or wind it becomes red and inflamed. Often it peels off, especially if the makeup preparations are selected wrongly.

It is quite easy to do a home-test for your skin type. A cosmetologist will, obviously, do it more successfully but there is a series of tests fit to do at home.

“FIVE SPOTS” – CLASSIC TEST

You will need some cigarette tissue (but even a paper tissue will do). Before doing this test you should clean your face with water and soap and then wait for one or two hours so that the natural texture of the skin could recover. Put the tissue on your face and press it lightly. If the skin is oily, you will see 5 oily spots: in the forehead, nose, chin and cheek zones. Normal and combination skin types leave 3 spots, in the centre of the tissue: the forehead, nose and chin zones. Dry skin does not leave any oily spots at all, just like normal skin disposed to dryness.

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SENSITIVE SKIN TEST

Sensitive skin can also be determined by a test.

The procedure is quite simple. Clean your face, sharpen your pencil and make a light line on your face. If the red trace does not disappear for several minutes, your skin is sensitive.

ROTARY-COMPRESSIVE TEST

This test will allow you to determine how elastic your skin is. Put your thumb to your cheek, press lightly and make a rotary movement. If you feel resistance to the movement and pressure, your skin is elastic. If the fan-shaped movements make wrinkles appear and disappear at once, the elasticity is not strong enough, and you should pay more attention to the skin nutrition. If light pressure immediately causes numerous wrinkles, you have the aging skin type.

Ingredients for the masks and their properties

CAMMOMILE can be used both fresh and dried; added to the bath and steam bath, used for compresses and infusions.

HONEY softens and smoothes the skin.

EGGS. The yokes nourish the skin, the whites tighten and lighten it.

PORRIDGE cleans and softens the skin. It is a perfect base for scrubs and nutritious masks.

SALT adds vitality, removes the extra liquid and saturates the skin with minerals. A salt bath prepares the skin for other treatments.

TURMERIC is a fine base for masks and scrubs. Has a healing effect.

SUGAR can be added to body scrubs to polish and soften the skin.

CUCUMBERS have moistening, cooling and slightly astringent effects.

OIL. Sunflower oil is used for massage and nutritious masks.

GRAPES moisturize and soften the skin.

PEACHES smooth and soften the skin.

COWBERRIES & BILBERRIES narrow pores.

STRAWBERRIES moisturize the skin.

BLACKCURRENTS narrow pores.

RASPBERRIES moisturize the skin.

APRICOTS have a soothing effect.

AUBERGINES AND EGGPLANTS moisturize inflamed skin.

BANANS moisturize, smooth and soften the skin.

LEMONS narrow pores (juice of other fruit is always added to lemon juice because the latter is particularly strong).

CUCUMBERS smooth and lighten the skin, narrow pores.

CARROT AND APPLE mask moisturizes and smoothes the skin.

TOMATO mask is recommended for oily skin of an earthy color.

GREEN PEAS smooth and freshen the skin to add it a mat shade.

Cosmetic face masks

Before applying any facial mask you should keep several rules in mind:

- 1) Remove all the make-up, clean your face deeply and apply the mask only afterwards.
- 2) Prepare the mask directly before its use.
- 3) Apply the mask avoiding the eye area. You may cover your eyelids with cotton pads damped in strong tea or chamomile infusion.
- 4) Never leave the mask longer than necessary; otherwise it will do more damage than good.
- 5) Before applying the mask you should lie down and relax your facial muscles as much as possible.
- 6) You can apply the mask with a brush or a cotton pad. The movements should go from the chin to the temples, from the upper lip to the lobe of the ear, from the wings of nose and centre of the forehead to the temples.

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Oily Skin Type Masks

Oily skin type masks should be scrubbing and tightening. Oily skin type needs deep cleaning more often than aging or dry ones. Women often think that oily skin does not require nutrition or moisturizing, but it is a wrong assumption. This skin type does not receive enough nutrients, therefore nutritious facial masks are necessary for this skin type as well.

The ingredients for oily skin type masks are different from other facial mask types. Oily skin is characterized by larger pores and sebaceous glands inflammation. Therefore the masks should contain tightening and disinfecting components.

Egg White Whitening Mask

Ingredients:

- 1 egg white
- 10 g of kaolin (white clay)
- 1/2 teaspoon of alum
- 1/2 teaspoon of starch

Instructions:

1. Mix all these ingredients.
2. Apply on the face for 30 minutes, rinse with warm water.

Lemon mask

Ingredients:

- 1 lemon
- 100 g of vodka

Instructions:

1. Lemon crush, leave for 6-10 days in vodka and strain.
2. Dampen a cloth, put on your face.
3. Do not rinse.

Purifying mustard Mask

Ingredients:

- 1 teaspoon of dry mustard
- 2 teaspoons of vegetable oil

Instructions:

1. Mix all products.
2. Apply on face for 5 minutes and if you will feel a burning sensation, rinse with cool water before the specified time.
3. Then rub into skin cream containing menthol.

Mask from wheat and honey**Ingredients:**

- 2 tablespoons of wheat flour
- 1 tablespoon of apple cider vinegar
- 1 teaspoon of honey
- 1 teaspoon of lemon juice

Instructions:

1. Mix all products.
2. Apply on the face on half an hour.
3. Rinse with cool water.

Egg white mask**Ingredients:**

- 1 egg white
- 1 tablespoon of corn or oat flour

Instructions:

1. Shake up the egg white. Mix it with corn or oat flour.
2. Apply on the face.
3. Once dry, shake by dry swab.

Mask from yeast and sour cream**Ingredients:**

20 g of yeast
Sour cream or milk

Instructions:

1. Mix the yeast with sour cream or milk before formation of porridge.
2. Apply on the face for 20 minutes.

This mask dries and softens skin

The mask from fresh yeast and hydrogen peroxide

Ingredients:

20 g of yeast
A few drops of lemon juice
3% hydrogen peroxide

Instructions:

1. Mix the yeast with a few drops of lemon juice and a small amount of 3% hydrogen peroxide.
2. Whisk all ingredients to the foam.
3. Apply on the face for 5-20 minutes.

The mask from honey and flour with egg white

Ingredients:

1 egg white
1 teaspoon of honey and flour

Instructions:

1. Beat the egg white, add honey and mix.
2. Add the flour to obtain a mass in the form of a thick porridge.
3. Apply on the face for 20 minutes.

Mask from the egg white and lemon

Ingredients:

1 egg white
1 teaspoon of lemon juice

[CLICK HERE >> See the Secret Formula of Skincare](#)

Instructions:

1. Beat the protein to the thick foam.
2. Add the lemon juice.
3. Apply on the face for 20 minutes.

The skin after this mask will get a matte finish.

Mask from cottage cheese, sour cream and egg white

Ingredients:

- 100 g of cottage cheese
- 1 tablespoon of sour cream
- 1 egg white

Instructions:

1. Mix cottage cheese with sour cream and beaten egg white to form a thick porridge.
 2. Apply on the face for 15-20 minutes.
- This mask is very useful for the skin inflamed after suntan.

Cocoa Mask

Ingredients:

- 1/2 tablespoon of milk
- 1/3 cup of cocoa powder
- 1/4 cup of honey
- 4 tablespoon of oatmeal

Instructions:

1. Mix all the ingredients in a bowl.
 2. Apply to face and don't forget to avoid eye area.
 3. Gently massage in a circular motion.
 4. Leave it for 15 – 20 minutes, rinse with warm water.
- This mask is grate for moisturizing and cleansing your oily skin.

Yogurt Mask

Ingredients:

1 tablespoon of brewer's yeast
Plain yogurt

Instructions:

1. Mix all the ingredients to make a thin mixture.
2. Apply it thoroughly into all the oily areas on your face and leave for 15 – 20 minutes.
3. Rinse with warm water and apply cream.

Mask for Acne Skin

Ingredients:

1 chopped, ripe tomato
1 teaspoon of lemon juice
1 tablespoon of instant oatmeal or rolled oats.

Instructions:

1. Puree all the ingredients in a blender. If mixture seems too runny add more oats.
2. Apply on the face for 10 – 15 minutes.
3. Rinse with warm water.

Oatmeal mask

Ingredients:

1/2 boiled apple
1 teaspoon of honey
2 teaspoons of ground oatmeal

Instructions:

1. Mix all ingredients until you get an uniform mixture
2. Apply on the face for 10 minutes and wash carefully afterward.

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The oatmeal is good for pimples, it also absorb the excess oil on the skin. The acids in the apple remove the dead skin cells and clean the pores. The honey works as an antibacterial ointment that destroys bacterium that can cause infections.

Tomato mask

Ingredients:

- 1 medium tomato
- ½ of a lemon
- ½ spoon of fresh lemon juice

Instructions:

1. Mash one medium tomato.
2. Add scraped peel from half of a lemon and a half of spoon of fresh lemon juice.
3. Apply on the face, except near the eyes.
4. Leave for 10 minutes and then rinse with lukewarm water.

This mask tightens the pores.

Walnut mask

Ingredients:

- 2 spoons of ground walnut
- 1/2 mashed cucumber
- 2 spoons of yogurt
- 1 spoon of squashed yeast

Instructions:

1. Mix it all up.
2. Apply on clean face for 20 minutes.
3. Rinse with lukewarm water.

Strawberry Lemon Mask

Ingredients:

- 1 teaspoon of lemon juice

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