

Home Made Recipes For Natural Skin Care



Natural Skin Care Guide

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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 dry 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 winter-because 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 at least 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 cleanser. 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 from 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 is 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.

There 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 acupuncture points around the eyes.

Facial Masks

Facial Masks (or) face mask remove dead skin cells from the surface and help to tighten pores and make the skin appear smoother.

Tips for using facial masks

Choose a time to use face mask when you know you are not going to be disturbed and can relax. Wash all the ingredients before use and discard any that are damaged. An electric blender or liquidizer will make the mixing easier.

Always test the face mask, especially if you have a sensitive skin. Apply a little bit behind your ear, wait for at least 30 minutes and rinse off. If there is no irritation in the next 24 hours, then apply the mask on your face.

First clean you face and neck with gentle cleanser. 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.

Steam your face gently (2-5 minutes over a bowl of hot water). This technique open the pores so that mask can penetrate deeply.

Apply the facial masks with clean fingertips or a soft brush. Fruit or egg mask often have a very liquid consistency. It may easier to apply a second layer after a few minutes, once the first layer has dried a little.

Try not to talk, laugh or even move any facial muscle until it is time to gently remove the mask.

Facial masks should be left on for 15-20 minutes so they can dry. Remove the mask slowly and carefully. Work from the forehead downwards, making sure that none of the material removed comes into contact with eyes, and avoids dragging the skin. Light fruit mask can be removed simply with cotton balls. With clay masks, you need to rinse the face with warm water, and then cold water.

Don't apply facial masks more than twice a week.

Skin lightening remedies for skin

Skin lightening remedies are useful for restoring an even tone to blotchy, discolored skin. They can also reduce the appearance of freckles. You can try some natural remedies for fading tans.

BOREX:

Borex is a skin-lightening favorite from the nineteenth century. Mix ¼ cup borax with 1/2 cup granulated sugar in a glass jar. Cover and let stand for 48 hours. Once each day, stir the mixture and rub a spoonful on your discolored skin.

"Glycerinated Lotion of Borax" was used as daily wash to render the skin exquisitely soft and white. Mix 1 teaspoon powdered borax with 2 tablespoon glycerin and ¾ cup rose water.

LEMON JUICE :

Lemon juice can be used in a variety of ways. Mix equal amount of glycerin and lemon juice, it can be sponged on to remove a tan.

When mixed to a paste with salt or sugar and allowed to remain on the skin for half an hour once each day, lemon juice may lighten brown splotches caused by the sun.

MILK:

Milk, in its many guises, is a time-tested skin lightener. Mix 3 tablespoon milk and 1 teaspoon lime juice, it can be sponged on to remove a tan.

Yogurt, plain or blended with an equal amount of buttermilk, can be used as night cream to ameliorate a fading tan.

BOTANICALS:

Botanicals have a well-established reputation for skin lightening.

Aloe vera gel. Smooth over sun-darkened freckles or brown spots at least twice a day.

Watercress. Place a freshly washed bunch of watercress in 2 cups cold water. Bring to a boil, cover, and simmer for 10 minutes. Strain and store in the refrigerator. Each morning and evening, sponge the chilled liquid over your fading tan, allow it to dry, then rinse with water.

FRESH APRICOTS, STRAWBERRIES, AND GREEN GRAPES :

Mash the apricot fruit and pat it on your face. For a more complex, blend with 1/2 teaspoon lemon juice with the pureed fruit before applying to skin.

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Rinse a bunch of green grapes, squeeze out the juice. Rub the juice over tanned areas, allow it to dry, then rinse off.

TOMATOES:

Mash ripe tomatoes and apply the pulp to your fading tan. Let dry before removing with water.

POTATO WATER is an old German cure for fading tans and summer freckles. Simply sponge on the water in which the potatoes have been cooked.

Natural Face Masks

The purpose of a face masks is to improve outlook of the face and skin. Face masks will make your skin very glowing and rejuvenate. We are providing some face masks for Normal Skin, Oily Skin and Dry skin.

Dry skin face masks :

1 egg yolk, 2 tsp. almond oil, 1 ripe banana.
Combine everything in a bowl, make a thick paste. Apply this to face. leave on for 20 minutes, then wash with water.

Mix banana, egg white and curd. Apply this facial mask to your face, hands and legs. It will give soft smooth skin.

Take one tablespoon of cornflakes with almond oil or milk and grind into a paste. Apply this paste to face. Wash off after 15 minutes.

Mix 1 tsp. of butter and 1 tsp of water. Apply over the dry parts of skin. Leave for 15 - 20 minutes. Rinse with cold water.

Mash half of an avocado and smooth over the face. Leave for 10 minutes and then gently remove with damp cloth.

Oily Skin face masks:

One-tablespoon honey, one tablespoon Fuller's Earth (multani mitti) and one-tablespoon rose water. Mix together and apply on the face. Wash off after 15 minutes. Apply once a week but If your skin is too oily use twice a week.

Use a beaten egg white and mixed with 1 tsp lemon juice. Apply this mask on the face, and then wash off warm water.

Mix one tsp tomato pulp and two-tablespoon potato flour. Apply this paste on the face. Leave on 15 minutes and then remove gently with warm water.

Normal Skin facemasks:

Use a beaten egg white and mixed with 2 tsp almond oil. Smooth over the face and neck, avoiding the eye area. Leave on 15 minutes, and then remove gently with water.

Blend 1egg white, 2 tsp vegetables oils and 1 tsp apple juice. Smooth over the face, and then wash off after 15 minutes.

Mash raw papaya and smooth over the face and throat. Leave for 15 minutes. Wash off with warm water and then splash face with cool water.