

{ Natural Skin Care }

~ Peach, Honey, Oatmeal, Milk and Lemon ~

Peel a ripe peach (or banana). Blend it with 1-2 tbsp honey and 1 cup of oatmeal. Keep the excess in an air-tight container for later use. Apply the paste and leave it for 5-10 minutes. Clean it with cotton. Wash and pat dry.

~ Aloe Vera and Honey ~

Mix 1 tsp of Aloe Vera and honey. Apply on face for 20-25 minutes. Wash your face when dry. (For soothing skin without blemishes. Also good for ageing and dull skin.)

~ Milk of Magnesia ~

Apply on your face for 20 minutes. Wash when dry. Milk of magnesia twice a month makes your skin soft and clear.

Keeps dry skin clear and smooth...

{ Natural Body Care }

~ Glycerin, lemon and Coconut Oil ~

Make a mixture of 6 tsp coconut oil (or petroleum jelly), 2 tsp glycerin and 2 tsp lemon juice. Keep it in a bottle. Apply this on your body every night before sleeping. You will be amazed with the results.

~ Cucumber, glycerin and rose water ~

Peel and grate a cucumber. Blend it with 1/2 tsp glycerine and rose water. Apply on your body for 15-20 minutes. Great for healing sunburns.

~ Paraffin wax and mustard oil ~

Melt paraffin wax and add a few drops of mustard oil. Apply on cracked heels. Leave it overnight (if not possible for 2-3 hours). After 10 or 15 days, you will feel the difference.

Naturally take care of your body...

Natural Skin Remedies

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{ Natural Skin Care }

~ Milk and Lemon ~

Take about 10 tsp of milk and squeeze lemon juice (half medium-sized lemon). You should see milk curdling. If not, add more lemon juice till you see milk curdling. Apply it on your skin. Let it dry for about 15-20 minutes. Wash with lukewarm water.

~ Lavender Mist ~

Make your own by boiling lavender in water.

~ Egg white ~

Beat the white part of an egg. It will become fluffy. Apply it on your face. Let it dry and remove it with milk soaked cotton. Wash your face.

~ Cucumber and Lemon ~

1 tsp lime juice + 1 tsp cucumber.
Apply on your face. Wash your face after 15-20 minutes.
For Oily Skin -- Do this before applying makeup.
(Prevents makeup from patching up on your face)

For skin that glows and feels softer

{ Natural Lip Care }

~ Cranberry Juice and Petroleum Jelly ~

Mix in the ratio: 1 tbsp of cranberry juice + 2 tbsp of Petroleum jelly. Use it twice a day.

~ Lemon Zest ~

Rub the inner side of the lemon zest on your lips. Helps to keep the original color.

~ Coriander ~

Blend coriander with some water. Store in a container. Use it twice a day to keep your lips soft and pink.

Naturally take care of your lips...

{ Natural Skin Care }

~ MUD MASK ~ { Green clay and honey }

Blend 1 tsp of green clay powder and 1 tsp of honey. Use water if required to make paste. Apply on your face for 15 minutes. Remove with cotton and wash with lukewarm water. (recommended once a week)

~ MUD MASK ~ { Green clay, Aloe Vera and Salt }

Follow the instructions for the first Mud Mask.

~ HERBAL SAUNA ~ (Lemon grass, licorice root and rosebuds)

Boil 2-4 tbsp of dried or fresh herbs in 2 quarts of water in a Sauna or pot. When the pot is steaming, place it on top of a trivet or potholder on a table, and sit with your face at a comfortable distance over the steam for 15 minutes. You can also use a towel to trap the steam if you wish. After the sauna. You can allow the herbal water to cool and use as a toner.

Keeps oily skin under control...