

# Natural Beauty Tips



## INTRODUCTION

Having beautiful skin, complexion and body involves eating healthy and right food. 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.

The best about natural foods is that these foods do not contain preservatives, chemicals or irritant fragrances present in many commercial brands products. These natural food can be used for natural remedies and improve our body overall health. 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 health and 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.**

## **FOOD FOR FACE**

### ***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 yogurt.

## **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 undereye 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



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

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

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

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

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.

### **Lemon-Egg Shampoo for Bouncy and Shiny Hair**

1 egg

1 tsp. lemon juice

3 tbs. unscented shampoo

Fragrance oil of your choice

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**

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

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**

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

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

## REFERENCE:

Here are some books which may be of interest to you. Check them out now.

1. [Make-Up Secrets](#). E-book On Make-up Secrets To Help Anyone Look Beautiful.
2. [Facial Wizard](#). Beauty Treatments, rejuvenation With Added Emotional Freedom Techniques.
3. [1001 Forever Beauty Tips](#). Let Your Body, Mind & Spirit Shine With Magnetic Personality!
4. [How To Enhance Your Breast Naturally](#). Most Acclaimed Breast Enhancement Book Endorsed By More Than 83 Doctors From 28 Countries! By Top Beauty Advisor Ms Yvonne Lee.
5. [Facial Gymnastics](#): Complete Facelift In 7 Days Without Surgery. Stopping The Clock Of Aging And Banishing Wrinkles On The Face Forever Right In Your Living Room.