

BEAUTY TIPS DAILY

Morning and Evening

Home made beauty tips for glowing skin

Ingredients :

A pinch of Turmeric powder

Milk cream (thick layer formed on
top of milk after cooling)

Honey

Take milk cream, a pinch of
turmeric powder and add few
drops of honey. mix it well
till it forms a thick paste,
Apply the paste as a thin
layer on your face and let it dry
for 20 minutes. This will result in skin glow.



Home made beauty tips for soft hands

Ingredients :

Lemon juice – 1 tsp

Tomato juice - 1 tsp

Glycerin – little bit

Take equal quantity of tomato juice, lemon juice and add little bit of glycerin and then mix them together. Apply this mixture on your hands and massage gently for 10 minutes. wash your hands with cool water. Do this daily for 10 to 15 days to soften your hands.



Dull Skin



Ingredients:

- 1/2 ounce organic apple cider vinegar
- 3 ounces mineral water
- 5 plain aspirin tablets

Directions:

- Dilute 1/2 ounce organic apple cider vinegar with 4 ounces of mineral water. Crush your aspirin and add to the water/vinegar mix. Apply when feeling your skin looks dull.

Acne Scars



Ingredients:

- 4 teaspoons lemon juice
- 3 teaspoons of plain yogurt
- 4 tablespoons of honey
- 1 egg white

Directions:

- Apply to your clean face, let sit for 15 minutes, rinse with warm water.

Oily Skin



Ingredients:

- 1 avocado
- 1/2 teaspoon lemon juice
- 1 egg white

Directions:

- Combine all ingredients to make a paste. Apply to skin and wait for it to dry, rinse with cool water.

Dry Skin



Ingredients:

- 2 tablespoons real mayonnaise
- 1 teaspoon baby oil

Directions:

- Combine both ingredients, smooth onto your face, neck, rough elbows, and anywhere else that is feeling a bit dry. Leave on for 20 minutes and rinse.

Benefits Of Drinking Lemon Water

Lemon water is calories free as water
but it taste better acts as a blood sugar
stabilizer ,

boots your metabolism,

it contains calcium and can clean the skin,

www.suhani Jain.com

Home made beauty tips for skin freshness

Ingredients :

Orange Peel



Boil orange peel for 5 minutes in water and keep it aside till it comes to cool.

Rub it gently on your face atleast do it once in a week for freshness.

FACE LEMON GLOW



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1/2 lemon
Add 4 drops of raw honey
Apply to face
Leave on 15 minutes
Rinse
Follow with a mist of rose
water
Apply once a day for 1 week

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Note :

Will fade dark and age spots and remove pimples

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Banana Honey Face Mask

Ingredients:

- 1 Ripe Banana
- 3 Tablespoons Pure Honey

Prep:

Peel and mash the banana with a fork in a mixing bowl. Once the banana doesn't have big pieces of banana in it and is of a smoother consistency, stir in the honey and mix together. For easier mixing and before adding into the banana paste, warm the honey for a few seconds in the microwave but make sure it's not hot. Once blended well together, apply the face mask to your clean face and neck. Leave on for 25-30 minutes then rinse off

9. Honey Lip Exfoliator:

Ingredients:

- 1 tablespoon of Honey
- 1 tablespoon of Sugar

Procedure:

- Mix honey and sugar together make it as lip exfoliator.
- Use this [great exfoliator](#) on your lips once a week.

Result:

- This lip exfoliator soften your lips, while removing dead skin cells.

