

Home Remedies for Beauty Related Problems

Sun tan removal

Cucumber - ½
Rosewater - 1 tbsp
Glycerin - ½ tbsp

Grate cucumber and squeeze to extract juice in a bowl, add 1 tbsp rosewater and ½ tbsp glycerin. Mix well and apply with cotton swab on affected parts of your face. Leave it for 45 minutes and rinse with cold water. Particularly useful for scorching summer sun burns.

Dark rough elbows

Lemon - peel
Brown sugar - ¼ tbsp

Fill the peel of lemon with brown sugar and massage your elbow until sugar melts. Rinse with warm water. Apply either olive oil or coconut oil. Within a few days you will find smooth, soft and light elbow.

Dark lips

Coriander leaves - few straws
Rosewater - 1 tbsp

Make a paste of coriander leaves by adding 1 tbsp of rosewater. Apply on lips and massage for 10 minutes. Rinse with warm water. Apply either olive oil or coconut oil or pure ghee. Within a few days you will find smooth, soft and pinkish lips.

Dark circles

Potato - ½
Cucumber - ½

Grate potato (bleaching agent) and also grate cucumber (cooling agent) of same quantity as that of potato. Mix well in equal proportion and apply on and around eyes and leave it for 20 minutes. Gently wash eyes and apply coconut oil in a circular motion for a while to remove wrinkles and blemishes as well.

Cracked heels

Turmeric powder - 1 tbsp
Rosewater - ½ tbsp
Glycerin - 1 tbsp

Mix all the ingredients well. Apply on affected heels and fill the crack with paste and leave it for 20 minutes and rinse. It can be applied 20 minutes before bathing also.

Dark circles

Raw milk

Soak a couple of cotton pads in raw milk and keep in the refrigerator. After cooling place the pads on eyes for 15 to 20 minutes. If this procedure continued for long than it removes dark circles and puffiness and your eyes will be bright.

Oily skin

Papaya (ripe) - 2 tbsp
Lemon - ½ piece

Mash the pulp of papaya, add lemon juice to it. Mix well and apply on your face leaving the area around eyes. Rinse after 20 minutes with cold water. It removes white heads, black heads, acne, etc. if repeated weekly then it helps in controlling oil in skin.

Glowing skin

Banana (ripe) - 1 piece
Honey - 2 tbsp

Mash banana in a bowl, add 2 tbsp honey to it and mix it thoroughly. Before applying it, rinse you face with cold water. Apply on your face leaving area around eyes. Leave it for 20 minutes and rinse with cold water. It removes wrinkles and skin glows.

Skin rashes

Turmeric powder - pinch
Rosewater - 1 tbsp
Glycerin - 1 tbsp

Mix all the ingredients and apply on affected area. Leave it for 20 minutes and rinse with cold water. Within 2 to 3 days you will get relief. It can be applied to children also for nappy rashes. It is absolutely safe for them as it is natural.

Glowing skin

Yogurt - 1½ tbsp
Cucumber pulp - 1 tbsp
Milk powder - 1 tbsp

Mix all the ingredients well and apply on face leaving area around eyes. Rinse it after 20 to 25 minutes when dried with cold water to find glowing skin.

Acne (pimples)

Onion - 1 no

Grate onion and extract juice. Apply juice on affected area with a cotton swab. Leave for 15 minutes and rinse with warm water. Apply rosewater as a toner to balance pH level to control oil in the skin. Apply daily so that it removes swelling, redness and eliminates pain.

Fair and even skin tone

Rice flour - 2 tbsp
Honey - ½ tbsp
Tea - 1 tbsp

Prepare 1 cup of tea with 2 tsp of tea powder. Mix all the ingredients well to make a thick paste. Apply on face and neck. Leave it for 20 minutes. Rinse with cold water by massaging in circular motion.

Glowing skin (dry skin)

Vegetable oil or olive oil - 1 tbsp
Honey - ½ tbsp
Lemon juice - ½ piece

Mix all the ingredients well. Apply the mix in a circular motion so that skin absorbs and moisturizes. Leave it for 20 minutes and rinse with cold water.