

Home-made skin care products

Myrcea. S. Eczema Diet Review-Cure Your Eczema <http://eczemadietnow.ucoz.com>

Lots of women have problem skin. Sometimes it is too oily. Sometimes it is too dry. Some skin is blotchy and other skin is ruddy. Very few of us are lucky enough to have that perfect peaches-and-cream complexion that we all long for. To make up for all of our flaws, we buy every skin care product that we can find, hoping that something will work that perfect miracle. However, the truth is that expensive skin care products aren't always the answer. Sometimes, the simple ones made right in our kitchen are just as good, if not better.

Are you looking for a Natural Skin Care regimen that will bring out the best in your skin?

Well there are no pre printed forms, everyone is different. Start by asking your self how much time, money, and patience you

have.

Are you willing to stick to a daily regimen? Or do you want a quick fix.

I look for information that will help you better understand your skin and your family's skin. List natural skin care ingredients information and give skin care tips. So you can make the most of your time and money.

Using homemade skin care recipes can give you the best results over time. Here information on picking out your ingredients will be made easier. From carrier oils, body butters, essential oils you will find out how they can help your skin and hair. I also call them the kitchen ingredients, there are so many ingredients that you already have in your kitchen to make homemade skin care recipes. . .

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Avocado is a natural skin firmer.

It works particularly well on the neck area.

Mashed avocado, mixed with a little lemon juice,

can be applied directly to the face and/or neck.

While it firms, it also moisturizes with its enriched

vitamins. Additionally, the oil in avocado dissolves

the fat and dirt that so often clogs pores.

Baby wipes are perfect for removing makeup or just for cleansing the facial area. As a bonus,

they are a lot cheaper than the expensive make-up

removal pads found on the market today.

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Baking soda naturally exfoliates the skin, while softening it as well. To exfoliate, mix a small amount of moisturizing cleanser into the baking soda to make a paste. Apply to the skin using the appropriate pressure for the area of the body where it is being used. Then rinse and apply your regular moisturizer. Baking soda, mixed with lemon juice, also makes natural toothpaste that will leave your teeth looking oh so white and bright.

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Coffee grounds can help you rub away that unsightly cellulite.

Instead of throwing away those used coffee grounds, rub them into your hips, thighs, or bottom. For extra benefit, wrap the area with plastic wrap and wait for at least 15 minutes. Take a shower and

enjoy your soft, beautiful skin.

Cucumber slices, as everyone knows, can help to get rid of the dark circles in the under eye area. Pears also work in

basically the same way.

Egg whites deliver an instant facelift. Just apply the whites directly to wrinkles and remain perfectly still until they

dry. Once dry, apply your regular make-up and you're all

set to go. Another option is to mix eggs, honey, and lemon

juice together for a facial mask. Leave on for 20 to 30

minutes and then rinse and apply your usual moisturizer.

Eye drops with anti-reddening properties can be applied to pimples during the day to help disguise them. They take

away the red blotchiness, making pimples easy to cover.

Once the eye drops dry, just apply your make-up on top and off you go.

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Haemorrhoid cream has long been the secret of the stars for curing unsightly under-eye puffiness caused

by lack of sleep. After it is dry, all that is left is to apply your makeup.

Honey is often used in

skin care products because it contains vitamins and natural moisturizers. It also has a natural antibiotic that will kill bacteria as it cleans out your pores. Mix it with brown sugar and olive oil and you have the perfect skin exfoliant. It may be a bit abrasive for those with extremely sensitive skin so be very gentle in the application process. On the other hand, it is perfect for those rough, dry elbows, knees, and feet. Just apply wherever it is needed, leave for ten minutes or longer and rinse off with warm water.

Honey mixed with lemon juice, and heated for about 30 minutes and then cooled to room temperature makes a wonderful hair remover. Spread it on in a thin layer wherever you want to remove hair; apply a wax strip over it and then pull off quickly. Off will come the unwanted hair and you can get in some much needed scream therapy at the same time.

Lemon juice, mixed with a little bit of water, also makes a wonderful refreshing facial toner. Just dab it on with a cotton ball and let it dry before putting on moisturizer.

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Milk has long been thought to make skin soft and smooth because it eliminates dead skin cells naturally. Cleopatra was famous for her luxurious milk baths, and she was considered one of the most striking women of her time.

Milk of Magnesia is great for removing excess oil from facial skin. Apply it just like a mask and let it dry. Then

rinse with warm water before applying make-up.

Mint can be used as a skin pick-me-up. Put a few crushed sprigs of mint into crushed ice and smooth across the face. Pat dry and enjoy newly revitalized skin.

Miracle Whip is an excellent exfoliant. Apply a thin layer over the face and let it sit for at least ten minutes.

Massage the skin gently to remove dead skin cells, rinse, and moisturize.

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Oatmeal, mixed with sugar and avocado, makes a facial scrub that is perfect for sensitive skin. Apply it in a light

massaging motion. Let it sit for 20 minutes and then remove it with warm water before applying your moisturizer. Because it is naturally abrasive, oatmeal in the bath water can also help to moisturize and soften the skin while removing dead skin cells.

Olive oil is a rich moisturizer that doesn't irritate the skin. It is perfect for the thicker, rough, and often dry

skin of the elbows, knees, and heels. Women with

excessively dry skin often use olive oil all over their body, either alone or mixed with other homemade beauty products to further improve their results.

Warmed slightly, it makes a deep penetrating

moisturizing mask. To really soften your hands or feet, apply olive oil to dry skin and then cover the area over night with socks. You will wake up in the morning with softer, smoother skin.

Papaya is rich in protein and contains an enzyme that promotes the discarding of dead skin, making it the

perfect fruit for a facial mask. Smooth the pulp of a papaya over the face. Let it sit for five to ten minutes and then wipe off with a warm cloth. Pat cool water onto the face to close the pores. Once dry, follow up with your daily moisturizer.

Peaches are rich in vitamin A and B and contain a lot of water. Make a soothing skin conditioner by blending mashed peaches with heavy whipping cream. Rub into the skin as needed. Let sit for ten to twenty minutes and then rinse with warm water.

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Pepto-Bismol isn't only good for your stomach. It also makes an amazing face-tightening mask. Apply it

liberally just like any other facial mask. Let it dry and then remove it with warm water.

Pumpkin is a wonderful skin conditioner. This Halloween, when you carve that Jack-O-Lantern, save the leftover pumpkin to make a paste for a very special body facial that will leave your skin soft, smooth, and looking years younger.

Strawberries, according to some of Hollywood's brightest stars, have a natural polishing effect on teeth, while also leaving them brighter than ever before.

Toothpaste will work in a pinch when pimples pop out of nowhere and there's not Clearasil in the house. Just dab it

on at bedtime and wake up with picture-perfect skin in the morning.

Vegetable shortening works well for those suffering from eczema. Just put it on where the skin is infected

and let it sit for at least 15 minutes. Then rinse or shower to remove it and follow up with your moisturizer.

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Vinegar, mixed with water and witch hazel, makes a gentle facial toner.

Yeast improves blood flow and circulation and is very rich in B complex vitamins. To make the perfect facial

mask, mix it with a few teaspoons of warm water.

Smooth the mixture over the face, allowing it to dry.

Then rinse with warm water. Be sure it is thoroughly dry before apply moisturizer or make-up.

Yoghurt softens the skin while also soothing the redness caused by rosacea. Additionally, it

tightens pores while it cleans. Apply it just like a mask and leave it on the face for at least ten

minutes. Rinse off with warm water and apply

your moisturizer. Yogurt can also soothe painful sunburn, while it prevents blistering. Slather it

on liberally and relax.

So when you can't afford those highly touted skin care products that everyone else is using, try making your own. You just might find that they are better, while saving you tons of money!!!

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How to remove skin tags naturally and painlessly

Forget the painful methods involving scissors;

learn how to remove skin tags at home painlessly and efficiently

Before I tell you how to remove skin tags using

home remedies, let me give you a quick overview of skin tags.

What are skin tags causes?

Causes of skin tags lie in an abnormal growth of

cells. However, skin tags are benign and are not

cancerous. They are acquired at some point and

found often in people over 60. They can also be found in children and younger adults; there are no real rules who can get them. Increased level of hormones might increase the chance of acquiring skin tags.

Areas of the skin that are susceptible to rubbing (neck, folds, underarms, eyelids, under the breast) are most likely to have skin tags.

What do skin tags look like?

Skin tags (as you can see in the illustration; courtesy of Med help), are a small skin growth that resembles a hanging piece of skin. It is hanging by a piece of tissue called the stalk. They can be the color of the flesh or darker. They are painless and more of an aesthetic issue than a medical one. They can, however, become painful if they constantly rub against the clothes and that is when

you might want to consider removing them.

I am sure you have heard of the method that involves

using scissors or nail clippers to snip the skin tag off. I

don't condone this method as it sounds painful and there is

always a risk of infection if the instruments you're using

are not sterilized. If you do decide to try this method,

please be sure to sterilize everything. Apply hydrogen-

peroxide on the skin tag and clean it well; using sterilized

scissors (soak them or rub them with alcohol) cut off the skin tag. Apply some iodine on it and put a band aid. There is also a method of tying the skin tag with an elastic string, thread or dental floss leaving it on for a few days to cut off the blood supply which in turn makes the skin tag shrivel and fall off. Again, too painful for my taste so let's see how to remove skin tags using less painful methods ;)

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Dusting spray

Yes, the same one you would use to clean your keyboard. This method is similar to the one doctors use to freeze the skin tag off. Using a canned dusting spray, aim well at the skin tag and spray a few times. It can happen that you might not be able to aim well and in that case, spray some dusting spray on a Q-tip and rub the skin tag. Be careful not to spray the area around the skin tag, the dusting spray will freeze the skin tag and it should fall off within

a few days.

Oregano oil

Oregano oil is known as a strong agent that

can help fight infections, inflammations,

viruses, and bacteria. To use it to remove the

skin tags, apply some oil directly on the skin

tag using a Q-tip. Repeat several times over

the next few days.

Tea tree oil

Tea tree oil is a strong antiseptic and alleged to work well for removing skin tags.

Same as with oregano oil: apply tea tree oil with a Q-tip and repeat until the skin tag has started to shrivel, has turned dark, or has become crusty.

Clear nail polish

Clear nail polish can also be used to remove warts.

Simply apply some on the skin tag and repeat this a few

times.

Some ingredients that are readily available in your fridge.

The nonsurgical face lifts that you can prepare at home, contain the best natural ingredients that might not offer a permanent solution, but certainly benefit the skin's rejuvenation. They reduce the fine lines' appearance and smooth the skin if used regularly.

Starting off with a basic natural face lift would be impossible without mentioning EGGS. Eggs are rich in protein albumin, rich in amino acids that tone the skin and smooth out the fine lines.

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How to prepare it...Apple cider vinegar

Using a Q-tip or a cotton ball, apply apple cider vinegar on the skin tag and leave on for 20 or so minutes. Do not over-do this as apple cider vinegar can irritate the skin. You should notice the difference in the skin tag in a few days.

Facial Scrub for Dry and Oily Skin Types

For Oily skin:

Mix 1 tsp. skim milk powder with 1 tsp. honey. Add a few drops for freshly squeezed lemon juice if your skin is very oily. Use that as a mild scrub on your face. The undissolved milk powder forms a gentle scrub. Rinse very well.

For normal, Dry or Mature skin:

Mix 1 tsp. full cream or whole milk powder with 1 tsp. honey. Use as a mild scrub on your face. The undissolved milk powder forms a gentle scrub. Rinse very well.

Use lots of water to rinse so as to prevent bacterial residue.

Skin care recipes - natural face lift recipes that diminish wrinkles

Ingredients

- 2 egg yolks
- 1 teaspoon of sugar

Preparation

- Whisk the egg yolks until the mass is firm and consistent
- Add sugar gradually and mix well to combine the two
- Apply on the face and leave on for 25 minutes
- Wash off with warm water using a wash cloth

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Bath salts recipes - How I make homemade bath salts

I often say that preparing bath salts recipes is very easy but this time, I have decided to show you, step by step, in pictures, how I make homemade bath salts.

As you will see, the process might get just a bit messy, but as you start to make your own bath salts, you will get a handle of things quickly. Believe me, you will love making your own salts.

The following recipe contains lavender oil, my favorite. However, you can use any essential oil you like. I chose the food coloring colors accordingly (red and blue), so that the final product matches the color of lavender.

9 teaspoons of sea salt

9 teaspoons of baking soda

8 drops of lavender essential oil

7 drops of red food coloring

2 drops of blue food coloring

Measuring utensil

Mixing bowl

Teaspoon

Small glass jar (the one you see in the picture is an Ikea 5oz. jar but any glass jar with a tight lid will do).

Note - Ideally, I would have used a wooden spoon to mix it all up but I didn't have one :) Instead, I used a regular metal teaspoon. Also, make sure you use this equipment for skin care recipes only; although well washed, the ceramic bowl smelled of lavender afterward. I like lavender, but not in my cereal :)

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Aromatherapy Bath Salt Recipe Samples

Amber Romance -- with cocoa butter, Breton Organic Grey Salt, and amber fragrance oil. Perfect for when you need a little moisturizing pick-me-up.

Lemon Lime Splash -- with gold mica, lemon fragrance oil, and lime fragrance.

You'll love this one after a day of running errands.

English Roses -- with whole rose petals, coral coloured micas, and red rose fragrance oil. Use when you need a break - and escape to an exotic world!

Hyacinth -- with pickling salt, lilac fragrance oil, and baby powder fragrance oil.

This one's ideal when you want to refresh your senses.

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Unscented & Herbal Recipe Samples

Soft Skin -- with epsom salt and cocoa butter. You get all of the muscle-relaxing qualities of salts and moisturizing cocoa butter - and nothing else. This one is perfect for men!

Pretty in Pink -- made with Black Sea Pink Salt, and a tint of silver mica. You'll feel completely relaxed from this bath!

This is one of my favourite and quickest recipes in my collection!

Essence of Springtime -- with bali reef salt, epsom salt and calendula petals. Use it when you need a little extra spring in your step.

Lavender Mist -- with epsom salt, lavender essential oil and lavender petals. This one is guaranteed to bring you back to life!

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Rosacea natural remedy - Herbal treatment for

rosacea

A rosacea natural remedy has to have anti-inflammatory properties in order to be effective. It also have to have moisturizing properties to provide much needed nourishment to the skin.

Rosacea is usually treated with antibiotics and topical creams in order to subside the inflammation.

Home remedy for rosacea is not a cure, the same way prescribed treatments are not. They are, however, effective in controlling the condition and providing relief to those affected by it.

Rosacea is a chronic skin condition that mostly affects fair skinned people, mainly women. Rosacea also affects men but it is three times most common in

women. The condition begins as mild rosacea with redness on the central part of the face and across the cheeks, nose and forehead but can also affect the neck chest ears and the scalp. In the beginning, pimples and bumps may appear. As rosacea progresses other symptoms can develop such as semi permanent redness, red gritty eyes, burning and stinging sensations and also a red nose.

Though rosacea causes remain largely unexplained, both genetic and environmental factors are known to play a role in its development.

How can rosacea herbal remedies help?

Rosacea is treatable through rosacea herbal remedies. There are a lot of interest from rosacea suffers in treating their rosacea with natural or herbal therapies and remedies. Many people have been skeptical about the use of antibiotics and gels reason been that these kind of medicines are not a hundred percent efficient in curing.

The most common and frequent used herbal compounds include licorice, feverfew, green tea, oatmeal, chamomile, tea tree oils and camphor oil. All these herbal medicines are used because they are found to have anti-inflammatory properties.

These herbs have proven effects; many of them have potential benefits. Herbal ingredients are advisable and that is why recent dermatologists are advising rosacea patients to use.

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Licorice

Licorice is one rosacea natural remedy that has gained popularity recently.

It has an element that improves dermatitis.

It contains glycyrrhizin gel in it which is reported to significantly decrease scores for erythema and itching over the two week treatment period.

Licorice has a substance called licochalcone which exhibited potent anti-inflammatory action on a broad range of skin cells involved in skin inflammation.

Feverfew

Feverfew is another rosacea natural remedy with primary active components of parthenolide inhibits serotonin release from platelets. Feverfew contains 5-lipoxygenase, which results in a reduction in human blood platelet aggregation.

A daily moisturizer made from this plant has been used to improve mild acne by inhibiting the release of anti-inflammatory markers from activated lymphocytes reducing chemotaxis.

Green Tea Oil

Green tea oils contain anti-carcinogenic properties and anti-inflammatory and antioxidant

capabilities. When used as rosacea natural remedy, these properties are especially useful for patients with rosacea as inherent sun sensitivity is a hallmark of the disease. Green tea oils have a photo protective property which much lessens reactivity to ultraviolet light, thereby reducing the signs and symptoms of rosacea. Other extracts of green tea oils have been shown to reduce the disruption of the skin barrier often seen in patients with rosacea.

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Camphor Oil

Camphor oil is another herbal treatment for rosacea. Camphor oil has been evaluated for its efficacy in treating the demodicoses that are frequently co morbid with rosacea. In a study this oil marked a reduction in the

infestation density were noted following application of diluted camphor oil at concentrations of about twenty to twenty five percentage. Caution is however warranted with the use of camphor oils. It can be skin irritant to some individuals and hence a test should be taken first before using it for treatment. Tree tea oils are also a good herbal remedy for rosacea patients. It is therefore advisable to visit your dermatologist for the best advice and the suitable prescriptions.

Itchy dry skin sugar scrub

2 cups white sugar

1/2 cup extra virgin olive oil

(more or less depends how grainy you like it)

1/2 tbs lemon juice

1 tbs honey

1 teaspoon cinnamon

Mix well and keep in fridge, use in shower.

Chamomile Tea Hair Care for All Hair

Tips

- 8 tbsp of pure soap flakes
 - 2 hand full of fresh leaves of Chamomile
- or 8 bags of chamomile tea
- Boiled water
 - 3 tbsp of glycerin

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Wrinkles Removal

Cut Green Thompson's seedless grapes into halves and rub them over the skin where you suspect wrinkles.

Natural sunscreen

1/4 cup rose water

1/4 cup glycerin

few drops of lemon

Mix all these ingredients . Apply on all parts of the body which will be exposed to the sun....

Banana Facial Mask

This mask is great to moisturize the face and gives you a nice healthy glow and beautiful soft skin!

Simply mash a very ripe banana with

about 2 tablespoons of honey...

Chocolate, Sugar and Honey Body

Scrub

Inspired by all the wonderful natural

beauty recipes on this site, I decided to try to come up with my own... And I am so pleased with the results! Just mix all the ingredients, and rub the skin, all over the body!

Chapped Lips

apply with honey, for 20 min. for soft lips

1sp. of cucumber juice will renew your lips.

Carrot juice gives a perfect feeling and refreshing lips

Coffee Body Scrub

I love this! The coffee aroma wakes me up in the A.M.

and my skin feels great too!

2 cups of coffee grounds 1/2 cup sea salt

2/3 tablespoon of massage oil

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Facial mask for removing acne

and acne marks

Facial mask for removing acne

and acne marks

1 teasp. of apple vinegar (or rice
vinegar)

2 teasp. of green tea

5 teasp. of sugar

1 teasp. of honey

Sugar scrubs with baby oil

I have a couple of recipes for sugar scrubs with baby oil that I use all the time.

Baby oil leaves the skin soft and smooth and it is not greasy at all....

Olive Oil Hair Treatment

If you want to de-frizz, condition and moisturize unmanageable and damaged hair, drench hair in light olive oil, comb out, leave for 1 hour and rinse.

Get rid of dark knees

Mix Fuller's earth and lemon juice and apply on affected areas...you will get rid of dark knees within a month.

Glowing skin in 15 minutes miracle

Recipe:

2 tsp Common Sugar

1/2 Lemon

1/2 tsp curd.

Maximum time: 15 minutes

Add Sugar and curd in a Bowl. Chop lemon into 2 halves. Now mix curd ...

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Minimizes puffiness and reduces fine lines

1 Potato

1/2 a Cucumber

1 tsp Honey

Juice the potato and cucumber, then add the honey and apply directly to the face.

Leave for 5-10 mins, then wash ...

Egg White Facial

Separate one egg, saving the white part.

Whip egg white until foamy. Spread on face, not eyes.

Let dry 15 to 20 minutes and wash off with cool water....

GODDESS BODY SCRUB

1&3/4 CUPS OF PURE EXTRA VIRGIN COCONUT
OIL

1 CUP OF APRICOT KERNEL OIL

1/4 CUP OF ORGANIC ROSEHIP OIL

1 CUP OF PURE UNSWEETENED COCOA ...

Body Odor -- BEST TIP!!

I had some body odor issues especially in summers..I was 12 at that time, until my mum told me to use ALUM (phatkari)-alum is antiseptic.

Faye's geranium, rose and herb exfoliating soap

Mix a cold process soap base.

When at the correct temp add 10 mls of essential
geranium oil and 10 mls of essential rose oil.

Mayo conditioner 1 cup of mayonnaise will nourish your hair

leaving it smooth - just try it yourself. Massage it
slowly all over your head, then wear a shower
cap and leave it for some time. After rinse well.

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The best smoothing body oil is so inexpensive!

Try safflower oil. It softens and moisturizes the body like the most expensive creams. Believe me, I have tried a few expensive ones!

The results are ... perfect!

Awesome Acne Treatment

3 Tbs. Jojoba carrier oil

7 drops Lavender essential oil

8 drops Tea Tree essential oil (I like Native Essences tea tree oil, it smells wonderful)

Lip plumper

Put olive oil on the lips and black pepper

over it the brush the lips with a toothbrush.

Wash then wallaaaa! bigger plumped up

lips, soft, and smooth.

Homemade mask for pimples

My grandma told me this one and its helped really well.

Take 2 tbsp yogurt

a pinch of tumeric

1 tbsp mustard oil

Mix thoroughly and apply ...

Vinegar toner

I use apple cider vinegar as skin toner, and to help heal any blemishes. I also use this type of vinegar on my pets when they have skin irritations.

Natural deodorant alternative

I have found the best home remedy/alternative for deodorant: good ol' baking soda! Just dab it on under your arms with you finger or powder brush.

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Honey banana mask

Hi, I have been using a banana and honey mask for years and it makes your skin feel radiant. Just mix half a banana with 2 spoons of honey apply to face ...

Honey and yogurt mask for dry hair 2 cups of yogurt

4 tablespoons of honey .

Blend them together and apply on wet

hair,leave on for 30 min, shampoo hair..

this mask smoothes the hair....

Cucumber wrinkle cream

Cucumber Wrinkle Cream

Ingredients:

1/2 cucumber

1 egg white

2 T. mayonnaise

1/2 C. oil (Use wheat germ, olive or avocado oil).

Honey and cinnamon for pimples

Honey and cinnamon for pimples (and acne)

When I started getting pimples, my mom would mix a little honey and cinnamon together and put it on the acne. It really helps!

Sandalwood Powder Body Scrub

Sandalwood Paste is easy to make...It soothes the skin, leaving it silky to the touch and glowing. It has a wonderful scent too...

Great softening body scrub

Juice and shaved peel of one lemon

2 Tbsp. honey

5 Tbsp. raw sugar (can be found at Wal-mart as Sugar in the Raw for 67cents in packet form).Scrub...

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Fruity oatmeal face mask

INGREDIENTS

2 table spoons milk

1 cup of apple juice

1/2 cup oatmeal

3 lemons

1 orange

2 CUPS FLOUR-ADD MORE IF NEEDED

2 teaspoons vegetable oil

Facial scrub

Quick easy scrub for face or body that exfoliates and moisturizes: combine olive oil and sugar,

apply to face or body rub gently and rinse off.

Honey Sugar Scrub

1/2 cup sugar

enough honey to moisten the sugar, but not melt

olive oil, avocado oil or vitamin e oil

Mix together until blended.

Glowing skin mask

For a glowing complexion take 1/2 tablespoon turmeric powder and milk cream, keep it overnight, the color changes to green. Apply this in morning on hand ...

Oily scalp shampoo

Shampoo for Oily Scalp

1/4 c. unscented mild, natural shampoo

1/4 c. strong sage tea, cooled and strained

15 drops cedarwood essential oil

Underarm Odor Removal

Underarm Odor Removal

Take a bath and dry your underarm completely.

Cut a lemon into two pieces and rub the lemon

slices in the underarm.

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Easy face shiner

Ingredients:

1 banana

1 cup of honey

Peel and mash the banana then put in a plastic bowl and add honey then stir in bowl until creamy apply to face ...

Dark circles, undereye dark circles remover

You look cute, but do u have dark circles,

undereye dark circles? Don't worry try this it

really works:

10 drops of coconut oil

10 drops of castor ...

Kaolin Clay Softening Face Mask

1 tsp of kaolin clay

3 drops of emu oil

1/2 tsp of honey

1/2 tsp lavender hydrosol or cucumber juice

1. clean your face

2. spray with lavender hydrosol ...

Facial Skin Cleanser Recipe

To prepare this mask you will need the

following ingredients:

1 tsp. of lemon juice.

1 tsp. Gram Flour (this is a yellow color lentil

flour which can be easily purchased ...

1 tsp. Of honey.

Homemade facial masks

For oily skin use some plain Milk of Magnesia, rub it on and let dry, then rinse with lukewarm water. It absorbs oil wonderfully!

For Normal/combination skin.

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Cucumber and olive oil mask

Cucumber and olive oil mask

3oz cucumber very finely diced

3tsp olive oil

2tsp live yogurt

Mix above ingredients into a fine paste.

Blusher Tricks

Some Useful Blusher Tricks

Blusher adds some warmth, glow and freshness. It is not difficult to apply blush powder to your cheek bones ,

Vaseline: A Surprisingly Great Skin Moisturizer Dry skin runs in my family, so it's not surprising that

my skin is ashy and rough. When my grandmother told me about how she took care of her dry skin,...

Blackhead Remover

I was very excited when those pore strip remover pads

became available. They didn't work on the edge of my nose, which was one of my main problem areas.... Dead sea mud mask is the best solution for you!

Homemade hair conditioner - Chamomile and Yogurt

Homemade hair conditioner - Chamomile and Yogurt

- Lavender oil – few drops
- 1 cup of plain yogurt
- 12 chamomile tea bags or fresh chamomile leaves....

Growing Eyelashes

Apply castor oil daily on the eyelashes at night before sleeping. You can also wash your eyes with fenugreek water .

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I hope you find some useful advices!

Myrcea. S. Eczema Diet Review-Cure Your Eczema <http://eczemadietnow.ucoz.com>