



Homemade Beauty Recipes

NATURAL FACIAL TREATMENTS:

Fight Wrinkles with Bananas

Banana is nature's answer to wrinkles! Mash 1/4 banana into a creamy texture. Smooth all over face and leave on for 15-20 minutes. Rinse with warm water, then a shot of cold water. Gently pat dry.

Mask for Oily Skin

Combine 1 teaspoon Brewer's yeast (available at most health food stores) with just enough natural yogurt to create a thin consistency. Apply this thoroughly into all the oily areas and allow to dry. After 15-20 minutes, rinse with warm water, follow with a cool water splash, and then pat dry.

Grape Cleanser

Simply split grapes in half, remove pits and rub the flesh over face and neck. Rinse with cool water. Grape juice is a great all-around cleanser/astringent for any skin type.

"You're a Honey" Mask

The best facial mask is good old-fashioned honey. Open the pores by placing a warm cloth on your face. Slather on the honey, and leave on for 15 to 30 minutes. Rinse off with warm water; follow with a splash of cold water to close the pores. Repeat once a week.

Avocado and Egg Mud Mask (Oily skin types)

Mix 1 tablespoon dry clay, 1 egg yolk, 1/4 of a mashed avocado and just enough witch hazel to create a creamy texture. Slather on face and let harden. Results are a richer, more moisturized complexion, because the clay (mud) dries excess sebum while the egg yolk and avocado replenish lost moisture. The witch hazel tones the skin for a smoother look. (Clay is available in powder form at most health food stores.)

Under Eye Circle Lightener

Wrap a grated raw potato in cheesecloth and apply to eyelids to lighten dark circles under your eyes. Leave on for 15-20 minutes. After you wipe off any residue, apply eye cream.

Lemony Facial Mask

Mix the juice of one half of a lemon with one beaten egg white. Apply to your face and leave on overnight or use as a quick refresher anytime by leaving on for just 15 minutes. Rinse off by splashing warm water onto your face. The lemon acts as a natural bleaching agent by removing blotches on your skin.

Avocado Facial

Mash the meat of one avocado until creamy. Massage into the face and neck. Rest with mask in place for 15 minutes, then gently rinse off. Avocado is a naturally rich moisturizer that will bring out the natural glow of your skin.

Honey and Egg Mask

Mix together 1 tablespoon honey, 1 egg yolk, 1/2 teaspoon almond oil and 1 tablespoon yogurt. Apply to your face and leave on for 10-15 minutes. The honey stimulates as well as smoothes, egg and almond oil penetrate to deeply moisturize, and yogurt minimizes and tightens pores.

NATURAL HAIR TREATMENTS:

Avocado Hair Conditioner

Combine mashed avocado with coconut milk. Comb through hair and let sit for 10-15 minutes, rinse out.

Hair Residue build-up Remover

1/4 cup vinegar
1 cup water

Condition hair as normal, and then use this as a final rinse. Hair will be shiny and soft.

All Natural Shampoo Recipe

In a blender, combine 1 ounce olive oil, 1 egg, 1 tablespoon lemon juice, and 1/2 teaspoon apple cider vinegar. Use as a regular shampoo.

Mayo-Hair Conditioner

Mayonnaise is a great dry hair conditioner. Apply approximately 1/2 cup of mayonnaise to dry hair. Work into hair well, and then cover your hair with a plastic bag. Keep bag in place for about 15 minutes. Rinse thoroughly, then shampoo as usual.

Hair Conditioner Residue Removal

Rub a teaspoon or two of baking soda into your hair; rinse thoroughly, then shampoo as usual.

Egg-stra Special Hair Conditioner

1 egg yolk
1 teaspoon baby oil
1 cup water

Beat egg yolk until frothy, add the oil and beat again. Stir into water. Massage throughout your hair and scalp. Rinse well.

Olive Oil & Mask For Your Hair

Combine four tablespoons olive oil with two eggs and mix well. Work through hair. Wrap head with plastic wrap, leave in hair for 10 minutes. Rinse well with cool water.

Fruit Smoothie For Your Hair

In a blender combine 1/2 a banana, 1/4 avocado, 1/4 cantaloupe, and 1 tablespoon wheat germ oil with 1 tablespoon yogurt. For extra deep conditioning, add the contents of a vitamin E capsule. Apply to hair and work through. Leave in for 15 minutes. Rinse with cool water.

NATURAL TREATMENT BONUS:

Natural Body Exfoliator

1 teaspoon. baking soda
2 heaping teaspoons fine oatmeal

Add enough water to make a paste of mixture. Apply to skin and rub gently. Rinse with cool water and gently pat dry.